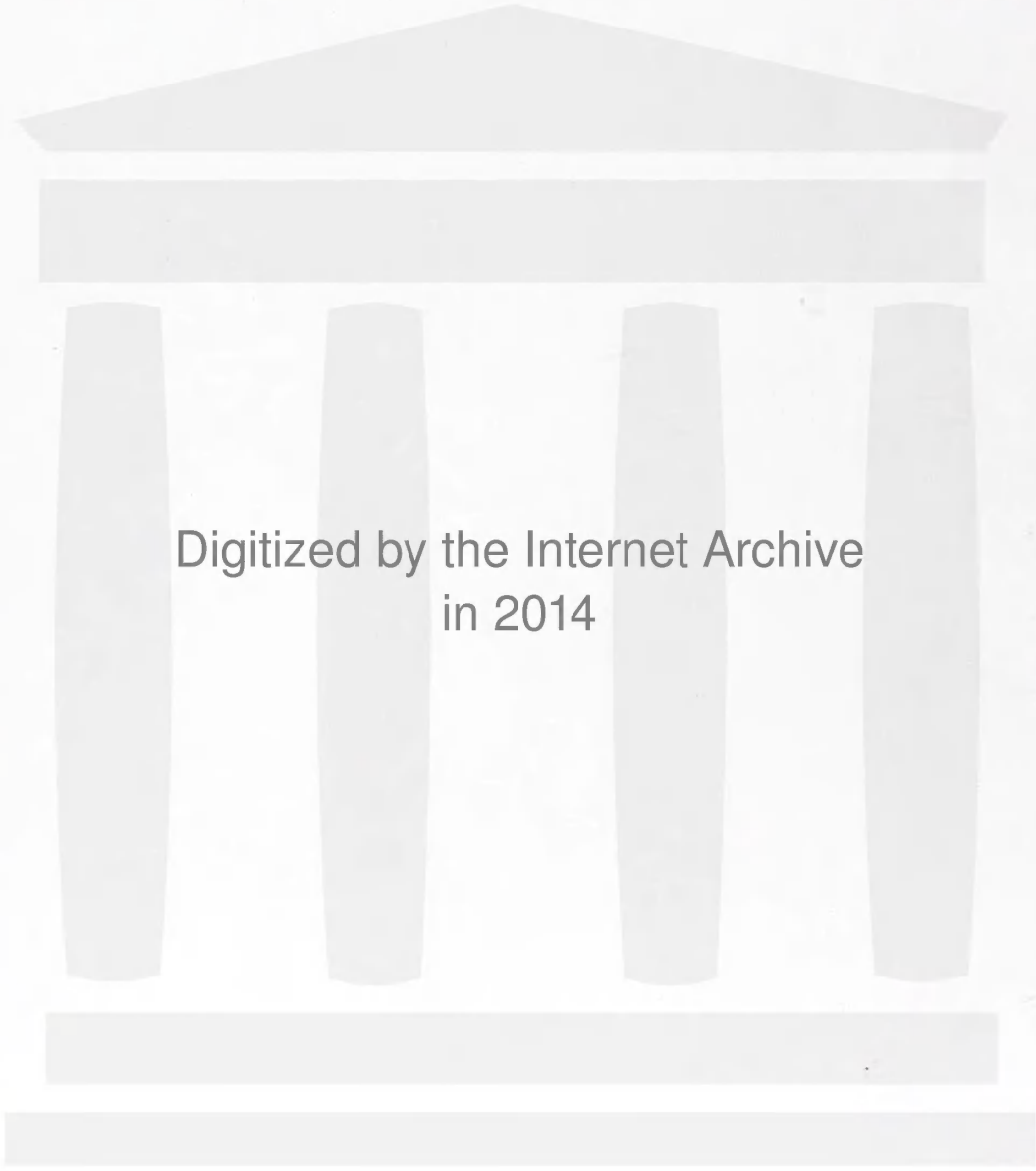
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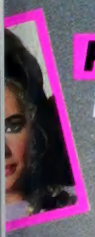
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Journal

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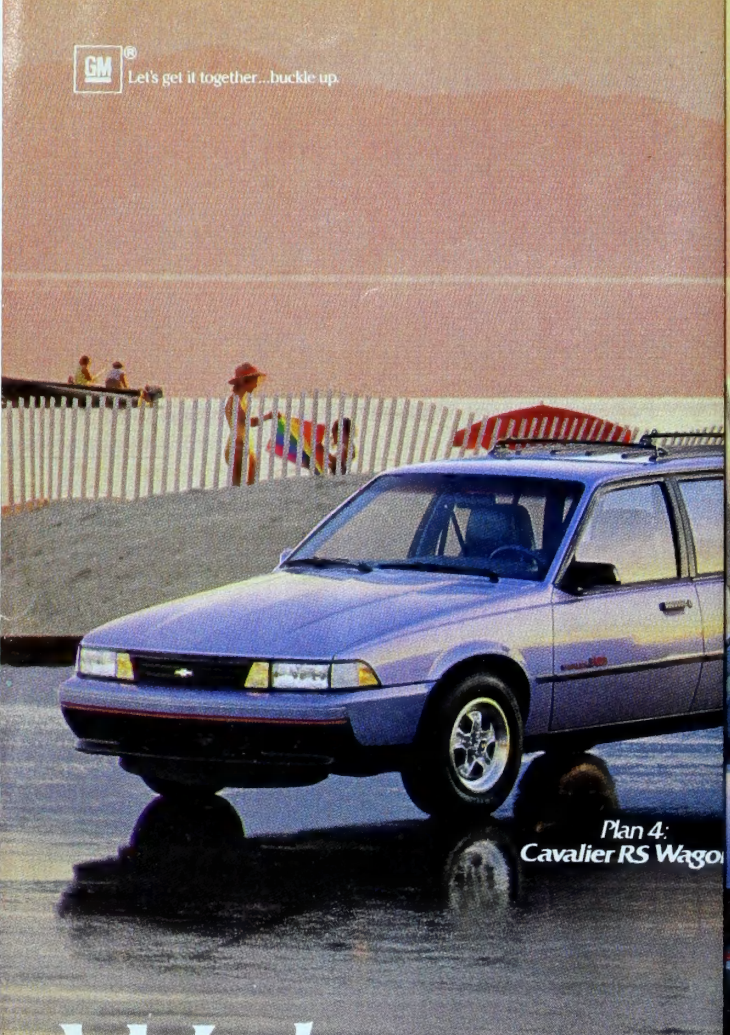
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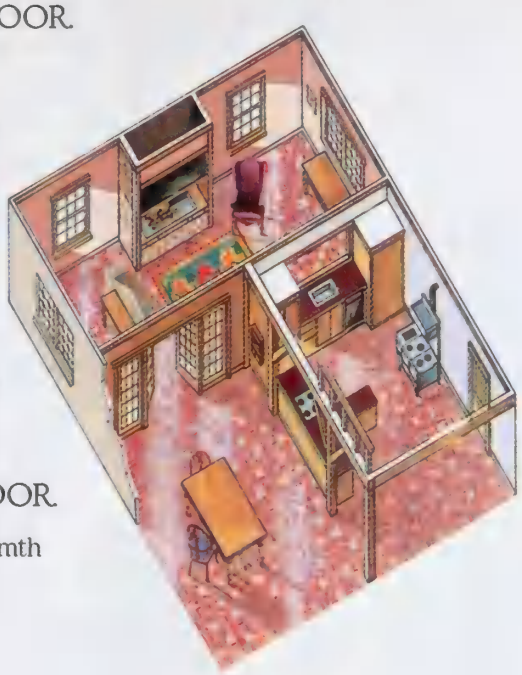
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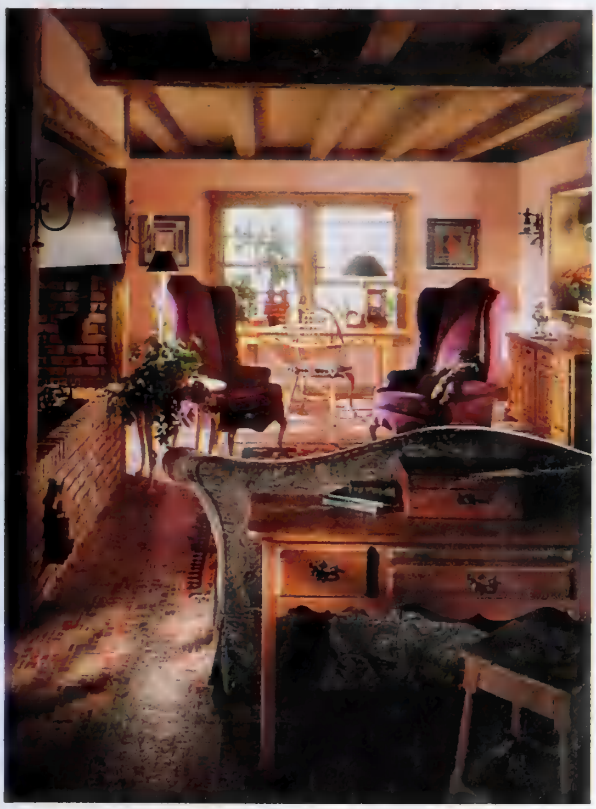
If you're going for a genuine country look, what better way to start than with a genuine country barn. The rough-hewn beams and spacious feeling remind you of its past, but everything else has changed.

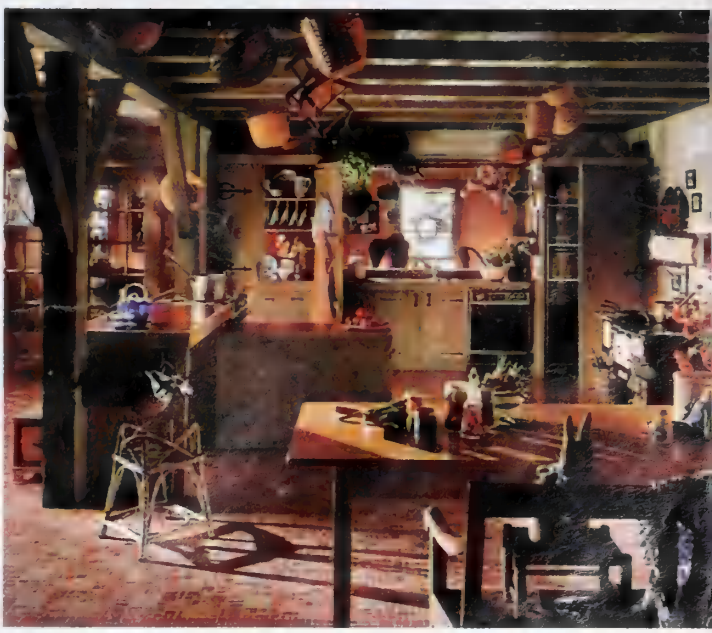
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EDITOR'S JOURNAL

By Myrna Blyth



HAPPY NEW YEAR!

This is the time of year, of course, to make New Year's resolutions. I bet you—like me—have already resolved to lose a few pounds and exercise more. (In fact, I'm going to start as soon as I finish off the Christmas cookies.) Yet at the same time, aren't there some little things about yourself you wouldn't change at all? Just as important as thinking about how you want to improve yourself as the year starts, it's a good idea to spend some time thinking about those silly things that make you *you*!

For example, Books and Fiction Editor Mary Lou Mullen told me she's resolved to swim three times a week and entertain more this year. Good ideas, but what she's *not* going to change is her habit of shopping for things she can't afford. So there! And Editorial Assistant Shana Aborn has resolved to get more organized. But she's not going to change her talent for coming up with a bad pun at a moment's notice (even though some people wish she would). Beauty and Fashion Assistant Susan Parkes has virtuously resolved to have her hair highlighted every four months, no matter what. But she's not going to change her story that it's the color she was born with. And Assistant Managing Editor Nina Keilin is not going to let her auburn hair go back to its natural color even though her husband and her mother wish she would. What she is going to change is her habit of procrastination. (She did give me her resolutions later than anyone else!)



Meet five new friends—*LHJ*'s Voices of the Decade winners—with Senior Editor Jane Farrell (third from left). You'll be following these women's lives every January for the next ten years. First installment—page 106

See what I mean? Sure, we should all cut the calories and put on the aerobics tape. But we should also keep doing the little things that we do, whether it's occasionally indulging ourselves, goofing off or not listening to the advice of our nearest and dearest.

What am *I* not going to change? Obviously my cookie-scarfing habit and my enthusiasm about *Ladies' Home Journal*—including this bang-up January issue, filled, as usual, with information, entertainment and inspiration. Happy New Year!

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Ladies' Home Journal ® (ISSN 0023 7124) January 1989, Vol. CVI, No. 1. Published monthly by Meredith Corporation, 100 Park Avenue, New York, NY 10017. Back-issue copies available. Subscription prices U.S. and Possessions, 1 yr. $19.95; Canada, 1 yr. $27.95; all other countries, $27.95. Second Class postage paid at New York, NY, and at additional mailing offices. Authorized as second-class matter at Post Office Department, Ottawa, Canada, and for payment of postage in cash. Printed in U.S.A. **POSTMASTERS: Send address changes to Ladies' Home Journal, P.O. Box 10895, Des Moines, IA 50336-0895.**

Send all subscription correspondence and change of address (include latest mailing label and allow 8 weeks for change) to P.O. Box 10895, Des Moines, IA 50336-0895. Send all other correspondence to Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

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WHICH FORK IS PROPER FOR SHELLFISH?
Spots are never proper with any kind of food—that's one reason the fork on the left is not correct.
The other reason is because it's a fish fork. (Note the wide tines for lifting delicate, flaky fish away from bones.)
A seafood fork (on the right) is small with sharp tines to help remove the shellfish from its shell.
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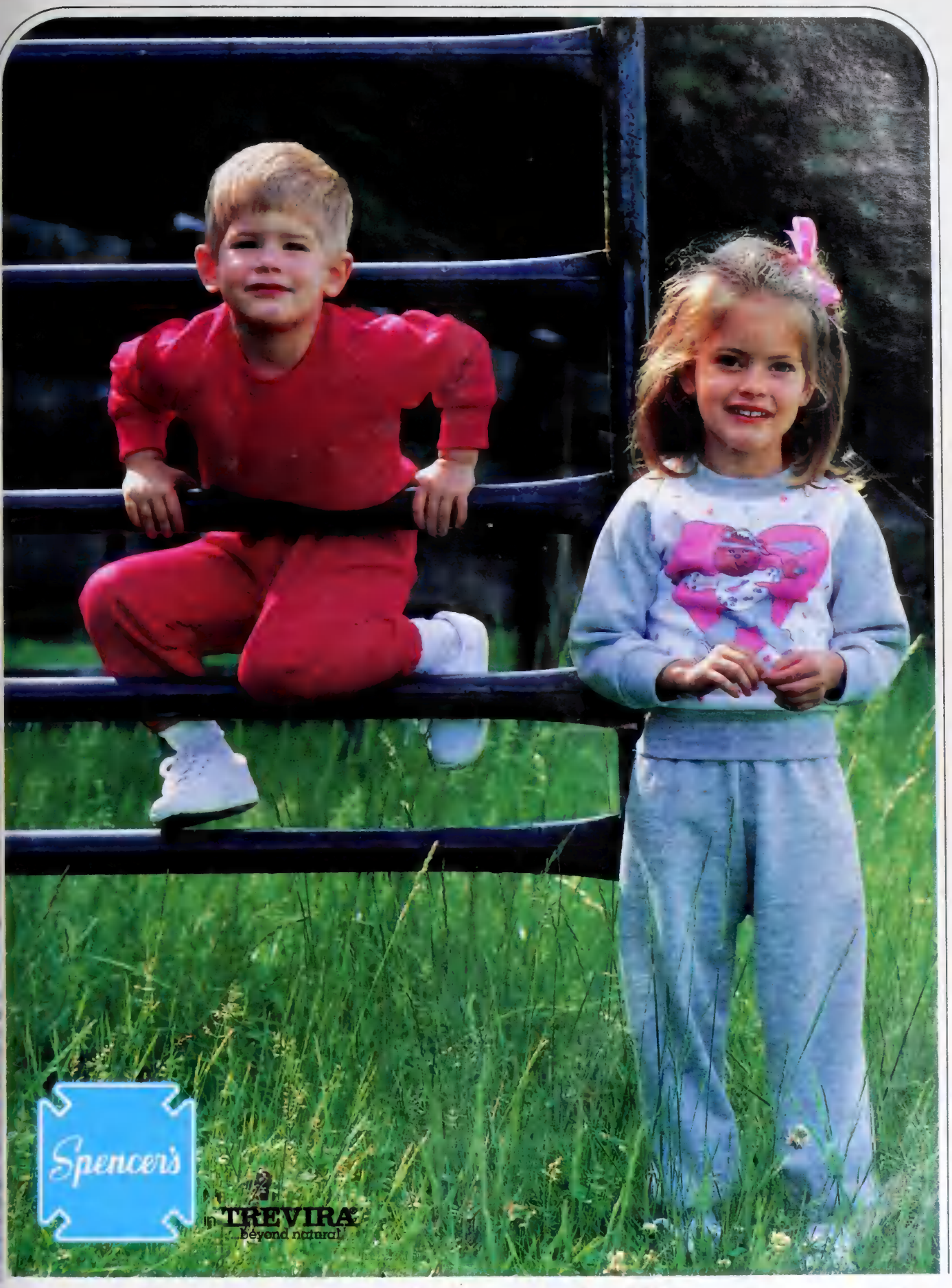


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My husband wanted the perfect housewife

By Sondra Forsyth Enos



Introduced thirty-six years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Robert L. Barker, M.S.W., Ph.D., who is affiliated with the National Catholic School of Social Services in Washington, D.C., and maintains a private practice in Maryland. The story reported here is true, although names and other details have been changed to conceal identities.

Hannah's turn

"OKAY, SO THERE WERE DOG HAIRS all over the seat of the car," said Hannah, thirty-five, sinking her lean, nearly six-foot frame into a chair. "Is that enough to trigger a rampage?

"I am not kidding. When Rob pulled into the garage the night before last, he purposely looked inside my car and then stormed into the house, raving like a madman about dog hairs. Look, I'm not a world-class housekeeper, but I also do not have time to run a household the way Rob's mother did.

"On the day of the dog-hair incident, I had driven our daughter all the way to school so her science project wouldn't get wrecked on the bus. This made me late for work—I have a three-day-a-week job as music editor of a regional magazine—so I was rushing all morning to catch up. Then I used my lunch hour to take the dog to the vet for booster shots. And, as usual, I dashed home so Sharon, who's ten, wouldn't be alone after school. I picked up around the house a little, found time to do some work on a book I'm writing about music appreciation for kids, and started making dinner. Frankly, the idea of vacuuming the car never entered my mind.

"So in comes Rob, carrying on about how he knew I'd leave the car a mess after the vet appointment. I have never been one to engage in shouting matches, so I just stood there, basically. Before long, he was really on a roll, bringing up everything in our relationship that bothered him . . . like, I'm not tough enough on Sharon, who is going to turn out to be a slob like me . . . I don't go to all the functions wives of his colleagues go to . . . I waste time and money on yoga classes and writing my book.

"I mean, he hit me with a whole litany of offenses, then marched off to bed. I stood there crying, unable to think of a single word to say back.

"Now, this isn't the first time Rob has criticized me so vehemently. He's been treating me like this for years, but I guess this last time just pushed me over the edge. I insisted we find some professional help. Rob is just too overpowering.

Rob said he supported Hannah's career, but he still wanted her to be a model corporate wife and mother. What happens when a man expects too much?

"Actually, I think it's already hopeless, even with your help. Maybe we're just too different to stay married. Rob comes from a large, boisterous, upper-middle-class family. He grew up in an exclusive Chicago suburb; his mother was your typical clubwoman, his father a very successful businessman.

"My family is just the *(continued)*

Judith Trahan



VIRGINIA SLIMS

Virginia Slims remembers how the woman of 1902 pulled herself up by the bootstraps.

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CAN THIS MARRIAGE BE SAVED?

(continued) opposite. Both my parents are artists, and I'm their only child. They were very young when I was born and we never had a lot of money, but I had a wonderful childhood filled with trips to museums and the ballet. We lived in a loft in Greenwich Village, and you could never tell where the studio ended and the living quarters began.

"I never had much of a social life, though. I was always so tall, and the kids at the public school where I went weren't into the arts, so I was a loner. Even when I was a scholarship student at Juilliard, I never really found my niche socially. Rob was the first person besides my parents who ever made me feel loved. And I do still love him—that's what's so terrible about this mess.



"The house is really filthy," said Rob, "and she's ordering in pizza!"

"Our first meeting was really romantic. I was a member of a string quartet, and when we played in Chicago one December, Rob came to the stage door with a dozen roses for me. He said he had been in the audience the night before and that I was the most beautiful woman he had ever seen. Do you believe that? I could tell he meant it, and the fact that I was a good three inches taller than he was didn't seem to matter.

"He returned the next night and asked me to have a drink. We talked for hours, and when he reached out for my hand, I was goose bumps from head to toe.

"We had a whirlwind courtship because I went back to New York, and he went back to Philadelphia, where he was finishing his M.B.A. at Wharton. Still, he did the most romantic things, like surprise me with visits on Valentine's Day. Rob still does crazy romantic things every now and then, though I know it's just because he feels guilty for being so hard on me.

"Anyway, we were married in his parents' garden in May of that year, eleven years ago, and we moved to Virginia. Rob had landed a good job with a manufacturing firm, and he had to begin right away. It seems our trouble started the minute he carried me over the threshold. All of a sudden, my romantic suitor turned into a neatness fanatic.

"Though I was very busy working full-time at the magazine plus playing with the local orchestra during their seasons, I was expected to do all the housework, too. Rob helped, but he always implied that he was doing it because I hadn't done a good enough job. Before his parents' first visit, he cleaned every nook and cranny. He said his mother judged people's happiness by how clean their homes were.

"When I got pregnant, Bob felt it was important for me to cut back on my activities and be home more. I knew I would have to drop out of the orchestra, but fortunately I was able to arrange a part-time job at the magazine. I didn't want to give up everything.

"I've tried hard to keep up all my interests, but Rob has never supported me. Would it have killed him to baby-sit some nights so I could continue to play my cello?

"No, I never said anything to him. It was clear Rob just didn't care. So I tried to work on myself a bit. Last spring, I signed up for a yoga class at night with some friends. Bob agreed grudgingly to stay home with Sharon, but I could tell he didn't approve.

"Then something happened that really made me wonder about this marriage. I called after yoga class to say that a few of us and the instructor were going out for coffee so I'd be a little late. Rob blew up. He actually accused me of having a crush on the instructor!

"On the one hand, I should have just laughed it off. But on the other, it proved that our relationship has dissolved into a lack of trust."

Rob's turn

"I do love Hannah," said Rob, thirty-seven, a sandy-haired man with a vibrant manner and firm handshake. "The trouble is, the things that drew me to her are the things that cause problems.

"Hannah is a dreamer. That's great, but there are times you have to discipline yourself to get on with the business at hand, especially when you have a family.

"Take this new book she's writing. She could have had it finished months ago if she had only sat down and worked at it systematically. But no, she dawdles, she leaves manuscript pages all over the house, she wastes time sitting with her legs tied in a knot, staring out the window. Meanwhile, the house is filthy and she's ordering in pizza.

"I am not exaggerating. I will concede that my standards for housekeeping are pretty high, but Hannah is truly impossible. When she goes into her creative mood, she's in another world. She doesn't see dirt. She leaves dishes in the sink and uses paper plates.

"Okay, I probably got a little too carried away the other night, but that business with the dog was the straw that broke the camel's back.

"Still, it's not just the housework. Hannah is simply not, well, not there for me. Oh, I don't expect her to attend every company dinner. But I would like her to participate at least a little bit in my company's social plans. All the wives do. What gets me is that she not only won't join me, she's smug about it. She says she's not that kind of wife.

"So what kind is she, then? Certainly not a very demonstrative one. I'm not referring to our sex life, which has always been fine. She doesn't make me feel like she loves me, I guess.

"Listen, I like to think of myself as a bit of a romantic. And when I do something romantic, I'd like her to reciprocate once in a while or be appreciative. I've slacked off with the corny gestures since they're not getting me anywhere, but every now and then, I look at her and I have to go splurge on flowers. Since I first laid eyes on her, I thought of her as a Modigliani painting, with that mesmerizing beauty, so pensive and ethereal. She still affects me that way. But then I give her the flowers and—nothing. Just a cold thank-you.

"I wish I knew when and where things went wrong. We didn't spend much time together before we were married, but we did talk about the future. And we both decided she would drop out of the orchestra when the baby was born. So why am I the bad guy? *(continued on page 20)*

Ardith Trahan



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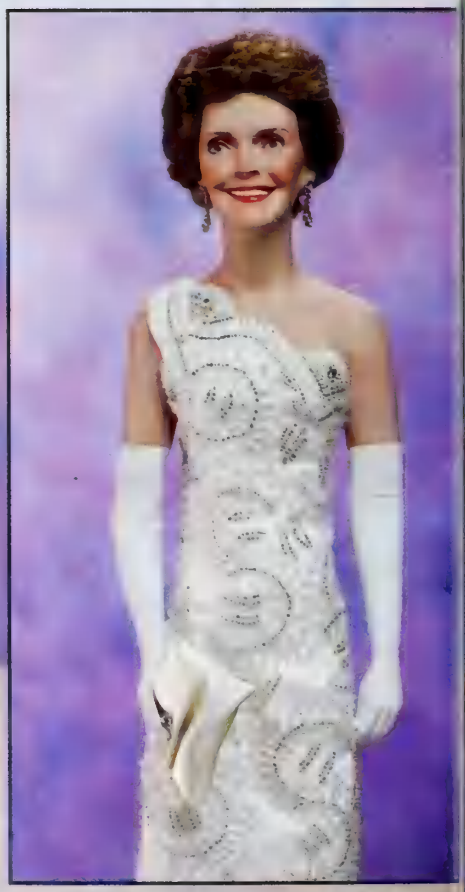
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An old mansion, deep in the Connecticut woods, is the home of The Institute of Children's Literature.

By Alvin Tresselt, *Dean of Faculty*

IF YOU WANT TO WRITE AND GET published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally right out of your own life experience. While it's still a challenge, the odds of getting that first unforgettable check from a juvenile publisher are better than they are from any other kind of publisher I know.

Later on, you may get other checks from other publishers. But right now, the object is to begin—to break into print—to learn the feeling of writing and selling your work and seeing your name in type. After that, you can decide if you want your writing to take another direction.

But after 30 years of editing, publishing, and teaching—and 53 books of my own—I can tell you this: You'll go a long way before you discover anything as rewarding as writing for young readers.

Your words will never sound as sweet as they do from the lips of a child reading your books and stories. And the joy of creating books and stories that truly reach young people is an experience you'll never have anywhere else.

The soaring children's market

But, that's not all. The financial rewards go far beyond most people's expectations because there's a surprisingly big market out there for writers who are trained to tap it. More than $1 *billion* worth of children's books are purchased annually and some 5,000 diffferent titles share in this bonanza—many by new authors.

Of approximately 500 publishers of books related to children, over 300 of them welcome manuscripts from aspiring writers. And over 400 magazines rely on freelancers to fill their issues. You can imagine how much writing *that* takes!

Yet two big questions bedevil nearly every would-be writer: "Am I really qualified?" and "How can I get started?"

"Am I really qualified?"

This is our definition of a "qualified person": It's someone with an aptitude for writing who can take constructive criticism, learn from it, and turn it into a professional performance. That's the only kind of person we're looking for. The reasons are simple: Our reputation is built on success, and, if prospective students don't have the earmarks of success, we probably can't help them. And we tell them so. It's only fair to both of us.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into The Institute without passing it. Those who pass and enroll receive our promise: You will complete at least one manuscript ready to submit to a publisher by the time you finish the Course.

One-on-one training with your own instructor

I've learned a lot about writing for children and I love it. Now I'm passing my knowledge on to my students so they can profit from it. When I'm not writing my own books I spend my time at The Institute of Children's Literature, a workshop for new writers that does one thing and does it better than any other educational institution I know of: It trains qualified people to write for young readers.

This is the way I work with my students, and my fellow instructors—all of whom are experienced writers or editors—work more or less the same way.

Learn at your own pace

When you're ready—at your own time and your own pace— you send your assignment to me and I read it and I reread it to get everything out of it you've put into it.

Then I edit your assignment just the way a publishing house editor would—if he had the time. I return it along with a detailed letter explaining my comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve. It's a matter of push and pull with each assignment. You push and I pull and between us both, you learn to write.

"—my dream come true!"

This method really works. I wouldn't spend five minutes at it if it didn't. The proof of the pudding is that many students break into print even before they finish the course.

"The thing that gives me the most satisfaction" writes Brandy S. Wells, Greensboro, MD, "is the idea that my story will be read by 150,000 Sunday school children—my dream come true."*

"Seeing my story in print, and knowing that some child out there is reading it and maybe enjoying what I have to say is all the reward I'll ever want," says Win Simpson, New Providence, NJ.

"My how-to article that sold to 4-H Magazine for $75 was my rewrite of a Course assignment," says Jeanne Shoemaker, Birmingham, AL. "My beloved instructor has made this Course one of the highlights of my adult life!"

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Alvin Tresselt was Vice President and Executive Editor of Parents' Magazine Press, the first editor of *Humpty Dumpty's Magazine for Children*, and a board member of the Author's Guild. His 53 books for young readers have sold over two million copies.

*The testimonials in this ad were provided without remuneration and voluntarily by The Institute's students between 1985 and 1988.

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CAN THIS MARRIAGE

continued from page 14

"Okay, this yoga business does drive me nuts. I'm home alone with Sharon, and Hannah's off doing some weird Eastern thing and going out afterward with cute young guys. Couldn't she spend that time with me instead?

"I don't think Hannah wants this marriage to work. I think she's deliberately or subconsciously provoking me. It would break my heart to lose her and Sharon, but what can I do?"

The counselor's turn

"After only one session with this couple, I knew that the first step had to be the hiring of a cleaning woman. No amount of counseling would do as much for them.

"Naturally, they protested, since they were paying my fee, plus a babysitter in the afternoon, but I made them realize that in their case, household help was not a luxury but a necessity: It was needed to diffuse the present tension. Hannah found someone who could come to her home for four hours every other week, and as I predicted, the level of tension between them dropped dramatically.

"Now we were free to move on to the problem of Rob's constant criticism of Hannah. Because of his resentment over her messiness, Rob had unconsciously gotten into the habit of belittling his wife; this had blinded him to her many fine qualities. When I pointed this out, Rob vowed to change. He made a conscious effort to focus on the ways Hannah was a wonderful mother and to compliment her in that regard. She's very involved in her daughter's life and takes her to numerous cultural events. She also treats her daughter with deep respect. These are all qualities that Rob had always admired but never mentioned before.

"Of course, Hannah's housekeeping standards are not the same as Rob's, but our third task was to get her to realize that even her laissez-faire upbringing did not excuse total lack of regard for order in the house. During one session, Hannah admitted to being provocative on this issue.

"'I guess I'm just angry,' she said at one point, 'angry that Rob doesn't appreciate what I do, angry that he made me give up things I really love, like playing the cello.

"That's when Rob spoke up. 'Look,' he said, 'until now, you never mentioned all this. I can't read your mind, you know.' Rob explained that he thought he had been communicative and that they had reached a mutual acceptable decision about Hannah leaving the orchestra.

"At this point, I reminded them Rob's comment that Hannah had d tanced herself from him. As she h said, she was not the type to engage shouting matches, but in fact, she h long had a problem responding to R on any level. Shy and insecure wi her peers as a child, she still found difficult to open up, which Rob, unde standably, interpreted as coldness.

"I gave Rob and Hannah a simp assignment. They were to concentra on all the little things they could do show tenderness and love, whether was a good-bye hug in the morning a quick phone call from work duri the day to say I love you. Long-ma ried people, I noted, often forget th the simple romantic gesture can he cement a relationship.

"I also instructed Rob to curtail h verbal barrages and to make sure gave Hannah time to respond. If was upset about the dog hairs in t car, he was to mention it, then wait f her to say something instead of marc ing out of the room. When we pla acted this scenario in my office, Ha nah said, 'The next time I feel like have too much to do, can I ask you take Sharon to school or take the d to the vet on your lunch hour?' Th was a breakthrough for Hannah, a Rob saw her point, congratulated h for speaking up and agreed to take more chores around the house.

"This was the beginning of a patte of compromises for this couple th helped steer their marriage back course. Hannah has gotten more i volved in functions having to do wi Rob's work, and now that she's m more of the other wives, she is not uncomfortable with them as s thought she would be. She's also learn to respond appreciatively to Rob's r mantic gestures, and they've made a effort to go out more just for fun.

"Though Hannah finished her boo she has decided not to embark on a other project for a while but rather resume playing the cello with a loc string quartet. Now that Hann gives so much more of herself to hi Rob is not troubled by the fact that s wants to take an occasional yoga cla He has begun to truly appreciate th time alone with his daughter. 'And i become a family joke that Daddy tak the dog to the vet,' he told me duri one of our last sessions.

"Rob and Hannah ended counseli several months ago, confident th they had overcome their major pro lems and had the tools to solve a others that come up in the course their relationship."

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A test of courage

By Allison M. Gappa

I felt the cold sharpness of the knife blade against my neck. "One word out of you and it'll be your last," he hissed in my ear. I was too terrified to make a sound. I prayed that someone had heard the crash when he kicked open the door of my mother's apartment and grabbed me off the floor, where I had been playing with my three-month-old son. If I scream, he'll kill me and take Christopher, I thought frantically. I knew I had to do whatever he asked. The captor my son and I would spend the next forty-eight hours with was my husband.

I had met Jack (not his real name) two years earlier, when I was fourteen and he was eighteen. He was very tall and handsome, and he behaved like a man. But it was his charisma and the smooth way he talked that captured my heart.

When Jack told me he loved me, it was the first time I could ever remember hearing those words. My parents were divorced, and although I knew Mom loved me, it wasn't easy for her to show affection. And I never felt close to my dad. Jack's attention swept me off my feet. I felt so happy and so safe with him.



■ Today, thanks to a sensible diet and plenty of willpower, the author is half her former weight

By the time Jack started pressing me to marry him, I was willing to do anything he asked. So when I turned fifteen, we ran away to get married. I was certain we would live happily ever after.

However, my Prince Charming had a dark side that I had never seen. Almost as soon as the judge pronounced us husband and wife, Jack began to hit me. At first it was slaps, then punches. He beat me for almost any reason—if dinner wasn't cooked right, if the crease in his pants wasn't ironed correctly or if another man looked at me. I was thrown across rooms and down the stairs, and I suffered black eyes, broken bones and shattered teeth. Afterward, Jack would always apologize profusely, crying and begging me to forgive him. I wanted so much to believe him.

As a battered wife, I turned to food for comfort—and gained 130 pounds. Could I ever turn my life around?

I was too ashamed and humiliated to tell anyone that Jack beat me. So I made up excuses about the noticeable injuries, saying I'd fallen or bumped into something. I lived that way for several months, until the abuse got so bad I started thinking of ways to kill Jack—or myself.

When I became pregnant, I realized I couldn't risk my baby's life, so I went to live with my mother. But Jack continued to terrorize me. He would call and swear he'd never hit me again; then, a few hours later, he'd call back and threaten me. I wouldn't leave the apartment alone, terrified he'd grab me off the street. Finally, I went to the police and had a restraining order put on Jack, but until he actually did something to me, there was little else the police could do.

At this point, I became very depressed. I was only sixteen *(continued)*



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A WOMAN TODAY

continued

years old, and my life was a mess. I filed for divorce, and I started turning to food for comfort. Soon I couldn't stop myself. Several times a week I'd order a large pepperoni pizza with double cheese and eat the whole thing. An average lunch (and often breakfast, too) consisted of a double-decker bacon-cheeseburger with large orders of french fries, onion rings and a milk shake. When I was out shopping, I'd eat an ice-cream cone at one store and a candy bar at another. I'd munch on snack foods while waiting in the checkout line at the grocery store, then I'd even make a food stop at the gas station mini-market.

At home, it was even worse. Telling myself that I couldn't waste good food, I always cleaned my plate and then usually ate the entire pot of whatever I had cooked. Many nights I'd also eat an entire picnic-size bag of potato chips and a container of onion dip while I watched TV.

Not surprisingly, my weight skyrocketed. At five feet eight inches, I had been a svelte 130 pounds when I got married; now, however, I continued to gain until I reached my peak weight of 260 pounds. I hated being heavy, but I desperately needed the comfort and the security food gave me.

Our divorce was not yet final when Jack kidnapped me and the baby, taking us from my mother's apartment building at knifepoint. My only thought was to protect Christopher. So I began to act like the repentant wife. I assured Jack that I had suddenly seen the error of my ways and that he was right—we did belong together.

Jack took us to a hotel in a nearby town for the night. As we pulled into the parking lot, I noticed a fire station down the road. If only I could get away and go there for help, I thought. Because I had a restraining warrant on Jack, the police would now be able to arrest him. But how would I escape?

That night, Jack put my clothes under the mattress and locked my shoes in the trunk of the car before we went to bed. I lay there in the darkness for hours, waiting to make sure Jack was sound asleep, and then I started plotting my getaway. My biggest concern was that Christopher would wake up if I tried to move him. There was no telling what Jack would do if he caught me trying to escape. Leaving my son while I went for help was the hardest decision I had ever made.

Shortly before four A.M., I quietly got out of bed. I grabbed a bath towel, wrapped it around me and crept over the door. It seemed like it took hours turn the lock and doorknob. Noiselessl I closed the door behind me and bega running as fast as I could.

At the fire station, I started screar ing for help. Within a half hour, th police had arrived and the restrainir warrant had been confirmed. I we back to the hotel with several polic men, praying that Jack hadn't alreac left with my son. With guns draw the policemen entered the hot room—and found Jack and Christ pher still fast asleep. Jack was arres ed, and my son was brought out to m

Jack served only a few months jail for the kidnapping. But thankfu ly, after we were divorced, his cal and threats became fewer and farth between. However, as a sixteen-yea old mother with a baby and no educ tion, I had new problems to face, and was forced to go on welfare. As usual dealt with my worries by eating. But was also newly determined to mal something of my life. I took advanta of the education programs available welfare recipients, and I obtained n high school equivalency diploma. The I went to cosmetology school and got job as a makeup artist in a departme store. For the next several years, I c ten worked two jobs and took colle

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ourses as well. I studied journalism nd started writing. By improving myelf I hoped I would make my son roud of me.

But as the years went by, I became ncreasingly unhappy about the way I ooked. I wanted so much to be thin gain that I even had my jaws wired hut for two weeks and drank liquid rotein. Then I became addicted to diet ills. When the amphetamines made ny heart pound and my blood race, I'd ake Valium to calm down.

Taking all those drugs began to vreak havoc on my system—and my tate of mind. Although I was losing veight, I was in terrible shape physicaly and worn out emotionally. I knew hat I was addicted to the pills, but I vas afraid I'd gain back the weight I'd ost if I stopped taking them. Finally I ecided there was no solution except uicide. I simply couldn't cope anymore.

So one evening I sent my son to my nother's house under the guise of going out of town with some friends. Then I swallowed every pill I could get my hands on—dozens of amphetamines, tranquilizers, sleeping pills nd codeine pain pills. But a friend ensed something was wrong, and she roke into my house when I didn't answer the door. When she found me unonscious, she called an ambulance, and I was rushed to the hospital, where my stomach was pumped. After talking to the resident psychiatrist, I promised to get psychological help.

Going into therapy finally helped me turn my life around. I learned that my weight was not the cause of my problems, just a symptom. In truth, I used food as a crutch—first to escape Jack's abuse, and then to prevent myself from getting involved with another man. As long as I was fat, I had an excuse for being alone.

Once I found out why I overate, losing weight became easier. I also realized that I didn't have to be afraid of another relationship. I had grown up a lot since my marriage.

As my self-esteem began to grow, I began dieting sensibly. I followed the Weight Watchers program, and I began walking and biking every day. (For more information on the Weight Watchers program, turn to page 49.) I stayed away from fried foods, alcohol, sugar and red meat, and I weighed myself daily. The weight came off slowly, but I was becoming much happier with myself.

When I got down to 210 pounds, I began working as a large-size model for the Wilhelmina Agency. I enjoyed the work so much that I stopped trying to lose weight. Then one day my sister, Cheryll, called to tell me my picture was in *Hustler* magazine. At first I thought she was joking. But there, underneath the heading "Save the Whales," were two pictures of me from *Big Beautiful Woman* magazine: one in a bathing suit, the other in a nightgown. The article ridiculed large-size models and said that these "fatties" were lucky to make it home from the beach without "harpoon wounds." I was livid. Yet deep down I knew I was fat.

I rejoined Weight Watchers a few days later and started exercising again. In fact, I lost so much weight that I lost my modeling job, too!

Today, I'm 130 pounds again. With my new body has come a new career as well. I've written articles for a Weight Watchers publication and national magazines and newspapers, and I've been asked to speak to women's groups and appear on talk shows. And just recently, I wrote my first book, called *The Weighting Game*, to help other women lose weight and follow a healthy, balanced lifestyle, especially battered women, who need to have hope and strength. After all, I'm living proof that you *can* change your life.

For information about The Weighting Game, *write Allison Gappa, P.O. Box 910, Orange, CA 92666.* ■



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BEAUTY & FASHION JOURNAL

TOP TRENDS IN '89 what's in store for fitness, fashion and beauty

How will Americans be shaping up this year? Combining a variety of exercises into a program—for example, aerobics one day, swimming the next and biking the following day. It's called *cross-training*, and it not only prevents workout boredom but it also lowers your risk of injury by spreading the effort around to different muscle groups rather than focusing on just one. More women are investing in a one-shot workout with a **personal trainer**— a great way to find out what type of workout is best for your body. Most affordable: Hire a trainer with a few friends. Fashion flash: Designers are continuing to promote color, but most women will buy **RED**. It's the most flattering shade for everyone, and it integrates easily into almost any wardrobe (looks great with white, gray, navy). Red's a power color that instantly updates your closet. Accessories will be in the red, too, especially pumps, belts and gloves. **suits** are another strong suit—shapely, tailored versions in guess what . . . red! More predictions? High waists remain a favorite, as do short, shaped jackets and easy, fluid trousers. Your best accessory is a waist-defining **wide black belt** —super slimming in elastic, leather or moc-croc.





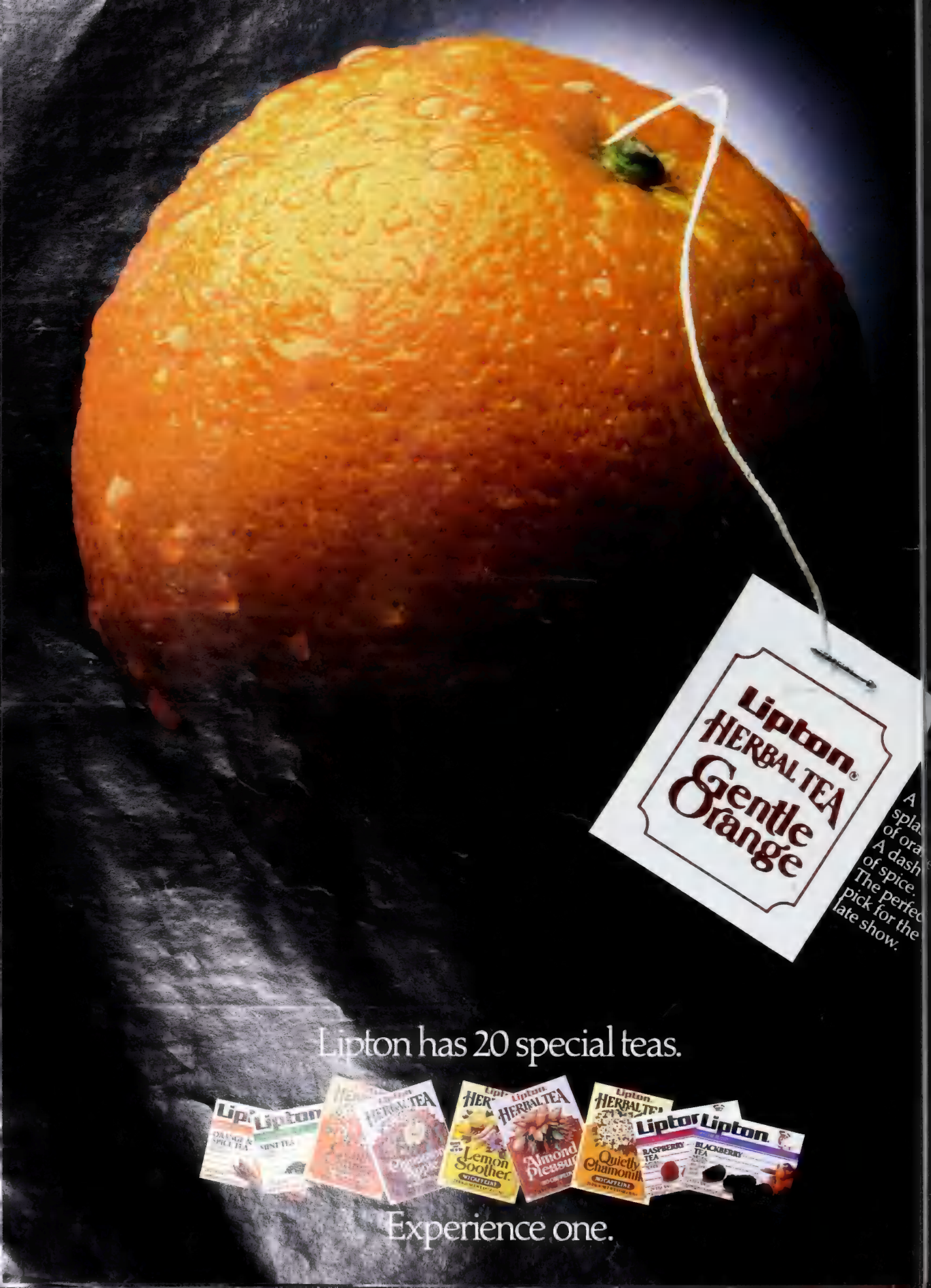
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Newsy beauty boosters include **CONVENIENCE PRODUCTS** that combine the cosmetic and tool in one or are designed to fit in the smallest handbag. Lightweight, clean-feeling gels and clear products are more popular than ever. Love makeup that looks **natural**? A sheer, healthy glow is always in style. *Happy New Year!*





All photos, Tohru Nakamura; illustration, David Croland; hair and makeup, Philippe Bexter for Timothy Priano Inc.; model, Jennifer Ayers of Ford's. Details, page 144.


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jewel cues

WANT TO KNOW ABOUT THE LATEST STYLES, WHAT TO WEAR WITH WHAT? HERE'S HELP



Q My everyday studs and chains look too dainty with my strong-shouldered office clothes. Any suggestions?

A Keep jewelry in proportion to your clothes. Strong-lined jackets and suits look best with bolder pieces. Opt for a chunky, collarbone-length necklace (like the gold braid below) or a dramatic pin, large-scale earrings, and an important cuff bracelet or an oversize man-tailored watch for balance. Save chains and studs for casual clothes.



■ Two looks to bank on: Top, loads of pearls and chains in varying sizes; right, bold gold

Q Is there a great, seasonless jewelry look that works day or night with most of my wardrobe?

A The pearls-and-chains couture style that Coco Chanel made famous in the thirties is hotter than ever, looks très chic and sophisticated with most outfits—white blouses, tailored sportswear, slim skirts, pleated trousers, suits—and is universally flattering. According to top jewelry designer Kenneth Jay Lane, pearls are the answer: "Women love the feminine, sexy look of them." For a more classic look, pare down to a couple of strands of pearls teamed with a few gold chains or gold-and-crystal chains plus oversize pearl earrings wreathed in gold. If you're a trendsetter, the more the merrier! Pile on as many pearls and chains as you please!

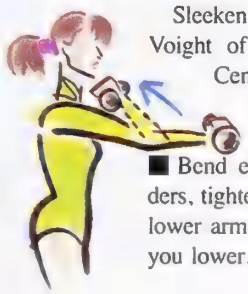
Q Is it okay to mix gold and silver jewelry?

A A metal mix looks right if at least one piece combines the two tones; otherwise, stick to one metal family. Remember that gold and silver evoke opposite feelings: Gold gives a warmer look—works easily with black, red, white, and sunny, yellow-based browns, beiges, apricots, corals and greens. Silver creates a cooler feeling and is tops with black, white, gray, navy, turquoise, plum, mauves and cool pinks.

NEW PRODUCTS

■ Try Guerlain's Halo Line Treatment Foundation, a premakeup primer, foundation and moisturizer all in one ■ Attractions Collagenic Moisturizing System from Helene Curtis is a line of collagen-enriched products that add strength, elasticity and shine ■ Revitalize skin before bed with Oleo Europea by Princess Marcella Borghese ■ Spritz on Red, an exciting fragrance from Giorgio Beverly Hills ■ Protect skin with Elizabeth Arden's Immunage UV Defense Cream—an SPF 15 moisturizer.

super upper-arm shaper



Sleeken up with this toner from Karen Voight of the Voight Fitness and Dance Center in L.A.: ■ Stand straight, arms shoulder level in front of you, palms facing ceiling. ■ Bend elbows, bringing palms to shoulders, tightening triceps as you go. ■ Slowly lower arms to starting position, resisting as you lower. ■ Do twelve times daily.

Left: Earrings, Les Bernard; necklace, Erwin Pearl; cuff, Alexis Kirk; watch, Monet. Right: Earrings, The Limited; pearls, Les Bernard; chains, Erwin Pearl. Les Bernard and Savvy by Swarovski; bracelets, Erwin Pearl; watch, Viva Time. Details, page 144. All photos, Tohru Nakamura; illustration, David Croland.

BEAUTY & FASHION JOURNAL

what's your biggest beauty problem?

Help us provide you with the information you want to know about most. Your answers to the following survey will give us a better idea of what you want to see in LHJ.

1. Please rank the following five categories according to your interest in reading about them. Use a scale of 1 to 5, with 1 being the most interesting and 5 being the least interesting.

skin care ☐ 5-1
makeup ☐ 2
hair ☐ 3
exercise ☐ 4
fashion ☐ 5

2. What's your biggest skin problem?

expression lines and wrinkles ☐ 6-1
sun damage, age spots ☐ 2
blemishes, oily skin ☐ 3
puffy eyes and bags ☐ 4
dry skin ☐ 5
uneven skin tone ☐ 6
combination skin ☐ 7

3. What's your biggest makeup problem?

concealing flaws like droopy eyelids, undereye shadows, uneven complexion ☐ 7-1
techniques for applying eye makeup, blush, lipstick, foundation ☐ 2
choosing the right makeup shades for your coloring ☐ 3
how to apply makeup quickly ☐ 4
applying evening makeup ☐ 5

4. What's your biggest hair problem?

[illegible] hair ☐ 8-1
too curly or frizzy hair ☐ 2
dry hair ☐ 3
[illegible] hair ☐ 4
choosing the best hair color ☐ 5
choosing the best hairstyle ☐ 6
using products properly ☐ 7
finding a good stylist ☐ 8

5. What's your biggest fitness problem?

need a total-body shape-up ☐ 9-1
need spot toners for specific trouble areas (e.g., thighs, hips, tummy, upper arms, derriere) ☐ 2
need energizing exercises ☐ 3
need detensing, relaxing exercises ☐ 4
finding time for fitness ☐ 5
need to lose more than fifteen pounds ☐ 6

6. What's your biggest fashion problem?

how to wear the newest trends ☐ 10-1
what to wear to camouflage figure flaws ☐ 2
seasonal fashion (what to wear for the holidays, how to stay cool in summer) ☐ 3
finding quality clothes on a budget ☐ 4
finding great clothes for large or petite figures ☐ 5
how to accessorize my clothes ☐ 6

7. Where do you shop most often?

department stores ☐ 11-1
boutiques ☐ 2
discount stores ☐ 3

8. Which of the following do you think adversely affects your looks the most?

stress ☐ 12-1
aging ☐ 2
lack of sleep ☐ 3
weather ☐ 4
not having enough time for yourself ☐ 5
lack of exercise ☐ 6
diet ☐ 7

9. Which hair products do you use regularly? (Check as many as apply.)

conditioner ☐ 13-1
mousse/gel ☐ 2
styling spray ☐ 3
permanent wave ☐ 4
permanent hair color ☐ 5
highlighting ☐ 6
rinse to cover gray ☐ 7
shampoo-in color ☐ 8

10. Do you prefer seeing makeovers performed on:

celebrities ☐ 14-1
models ☐ 2
real women ☐ 3

11. On the grid below, please mark how you feel about seeing celebrities featured in the following types of articles:

	like very much	like somewhat	dislike very much	dislike somewhat
makeup				
fashion				
hair				
fitness				

12. What geographic region do you live in?

Northeast ☐ 15-1
South ☐ 2
Midwest ☐ 3
West ☐ 4

13. What is your marital status?

married ☐ 17-1
living together, not married ☐ 2
divorced or separated ☐ 3
widowed ☐ 4
single, never married ☐ 5

14. What is your age?

18 to 24 ☐ 18-1
25 to 34 ☐ 2
35 to 49 ☐ 3
50 to 64 ☐ 4
65 and older ☐ 5

15. What is your job status?

work part-time ☐ 19-1
work full-time ☐ 2
not employed outside the home ☐ 3

16. What is your household income?

less than $7,500 ☐ 20-1
$7,500 to $9,999 ☐ 2
$10,000 to $19,999 ☐ 3
$20,000 to $29,999 ☐ 4
$30,000 to $39,999 ☐ 5
$40,000 or more ☐ 6

17. How much education have you completed?

grade 8 or less ☐ 21-1
grades 9 through 11 ☐ 2
graduated high school ☐ 3
1 to 3 years of college ☐ 4
graduated college (4 years) ☐ 5
attended or completed graduate school ☐ 6

Mail to: *LHJ* Beauty & Fashion Survey, P.O. Box 860, Syosset, NY 11791-0860

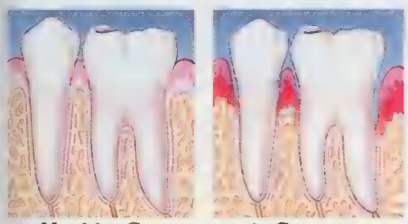
Bleeding Gums Are No Laughing Matter.

When your gums bleed, chances are it's not because you brush your teeth too hard. More likely, it is a sign of gingivitis—the early and reversible stage of gum disease. Left unchecked, gingivitis can lead to more serious stages of gum disease. And gum disease is the leading cause of adult tooth loss.

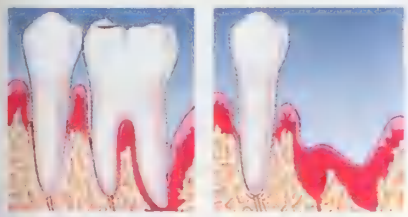
The good news is that with proper oral care, gingivitis can be prevented. And now there is a new toothpaste that actually helps reduce gingivitis associated with plaque: Check•Up® Gingival Toothpaste with SN4X™ Fluoride.

How Gingivitis Develops.

Most gingivitis starts with plaque, an invisible film of bacteria that constantly forms on your teeth. Plaque converts sugars and starches into acids



1. Healthy Gums *2. Gingivitis*



3. Periodontitis *4. Tooth Loss*

and other by-products. Over time, this process can cause the tender, swollen bleeding gums associated with gingivitis. And if it is not controlled, gingivitis can advance to periodontitis, a more serious form of gum disease that only a dentist can treat.

If your gums bleed easily, or are red, swollen and tender, you should get yourself to a dentist.



As Simple As 1-2-3.

Follow these three basic rules and there's very little chance that you will be troubled by gingivitis.

1. Brush thoroughly at least twice a day with Check•Up Gingival Toothpaste and soft-bristled brush.
2. Floss every day.
3. Have regular check-ups and follow the advice of your dentist.

New Check•Up Gingival Toothpaste With SN4X Fluoride.

Try Check•Up Gingival Toothpaste today. It not only helps prevent cavities, but has been clinically proven to help reduce gingivitis and bleeding gums associated with plaque.* And the fresh mint taste makes regular use a pleasure.

*Data on file.

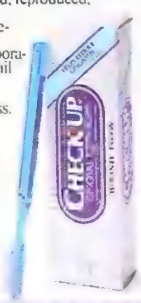
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coping

A triumph of love

Jill Eikenberry almost lost a daughter in an accident, and she faced her own battle with breast cancer. Both of these challenges have helped the L.A. Law *star to become the strong and confident woman she is today*



By Jenny Cullen

Legions of *L.A. Law* fans know her as attorney Ann Kelsey, the power-suited prototype for today's successful career woman. And in many ways, actress Jill Eikenberry's off-screen existence does mirror her on-screen role. She is just as blond, beautiful and articulate as the character she portrays, and just as happily married (for fifteen years) to Michael Tucker, the cherubic and lovable actor who plays her husband, tax lawyer Stuart Markowitz, on the top-rated TV series.

But in real life, she has weathered more trouble and near-tragedy than the sheltered Ann Kelsey has ever seen. Five years ago, Jill's beloved stepdaughter, Alison (Tucker's child by his first marriage), almost died in a car accident that shattered virtually every bone in her body and left her in a coma for three-and-a-half days. Then, shortly after Alison had regained her health, in May 1986, Jill heard the diagnosis every woman dreads: She had a malignant breast tumor.

Jill went public with the inspiring story of her breast cancer and recovery last fall in an acclaimed NBC documentary, *Destined to Live,* which will be shown again this spring. Now, in the cheerful living room of her airy, sun-filled house high in the hills above Los Angeles, she reveals some of her private pain. Michael and Alison, a vivacious eighteen these days, sit close by; Max, the couple's six-year-old son, is at school. There is much love and laughter in the room as they banter back and forth about Alison's unwillingness to brush her unruly red hair, about Michael's addiction to pasta with butter and Jill's fondness for fattening cheese.

Clearly, it was that closeness that got them through the hard times; clearly, too, they still share the searing memories. Jill recalls how she felt just after learning of her cancer: "Michael and I *(continued)*

Matthew Rolston/Outline



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☐ Zest ☐ Irish Spring ☐ Coast
☐ Safeguard ☐ Dial ☐ Other
☐ Shield

Beauty Bar
☐ Dove ☐ Camay ☐ Other
☐ Tone ☐ Palmolive
☐ Caress ☐ Jergens Aloe-Lanolin

Plastic Garbage/Trash Bags
☐ Hefty ☐ Glad ☐ None
☐ Cinch Sak ☐ Handle-Tie
☐ Steel-Sak ☐ Other

Toothpaste
☐ Crest ☐ Gleem ☐ Colgate
☐ Aim ☐ Other

Q2. What is your age group?
☐ 18-24 ☐ 35-49 ☐ 65+
☐ 25-34 ☐ 50-64

Q3. Are you married?
☐ Yes ☐ No

Q4. How many children do you have?
☐ None ☐ 1 ☐ 2 ☐ 3 or more

Q5. What are the ages of your children?
☐ Under 2 ☐ 2-5 ☐ 6-11 ☐ 12-19
Sex of children between ages 12-19
☐ Female only ☐ Male only
☐ Female & Male

Q6. Which brand of paper towels do you use most frequently?
☐ ScotTowels ☐ Bounty
☐ ScotTowels Junior ☐ Hi Dri
☐ Viva ☐ Other

Q7. What brand do you use for headache pain?
☐ Extra Strength Tylenol ☐ Advil
☐ Bayer ☐ Bufferin
☐ Nuprin ☐ Excedrin

Q8. Do you have a telephone?
☐ Yes ☐ No

Q9. Do you have access to an Avon representative?
☐ Yes ☐ No

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coping

"It is these sorts of things—my illness, Alison's accident—that make you aware that becoming a TV star isn't such a big deal."

(continued) just held each other. We sat or stood or lay on the bed and just held on tight. I worried so much about dying, about leaving Max and Alison and Michael. I had trouble sleeping for quite a while. The first thing you experience is raw fear. The second is the question of what will happen to all of your loved ones."

Jill consulted two breast specialists, who gave differing opinions: The first recommended a modified radical mastectomy to remove the entire breast; the second said that a lumpectomy, removing only the malignant tissue, would be sufficient. She welcomed the chance to choose between the two. "When you first hear you have cancer, you feel that you have lost control of life and are a victim of it all," she says. "But when you have a choice, you feel you are back at the reins. For me, that choice was a turning point."

She opted for a lumpectomy, even though it meant two months of radiation therapy just as her TV career was taking off. The family had only recently moved West from New York City; *L.A. Law* producer Steven Bochco, a college chum of Michael's, had written the Kelsey and Markowitz roles into his new series especially for them. And he arranged the filming schedule to accommodate Jill—so that she could leave at three each afternoon for therapy and treatment programs.



An episode of the critically acclaimed drama series *L.A. Law* allowed Jill and Michael, here with the cast, to express their fears about Jill's illness

The love of others

Jill was fortunate in the compassion of her colleagues. "Steven wrote a wonderful episode for us where Stuart asks Ann if she wants to work all of her life," Jill says. "When she says yes, he asks, 'But what if you get sick?' It was so close to what was happening in our lives—so close to the surface—and it was great to be able to use that in our work. It was written with so much love and understanding." They were grateful for the demands their new roles made. "We threw ourselves into our work; it was a form of denial," Jill reflects.

Solace also flowed from the family. Little Max at one point startled his mother by asking, "Mom, are you going to die? Will you die before me?" Jill quickly reassured him with a hug and a promise that "I am going to be with you for a very, very long time." Alison, who had been raised by Jill since she was a toddler ("she's my mom and I have never called her Jill!" she says indignantly), was particularly supportive. "Alison and I have a wonderful relationship," says her stepmother. "When we heard the news about the cancer, we shared it with Alison. We tried to turn it into something less frightening, and while I wasn't feeling as positive as I was sounding, Alison picked up on the cues and did the same. She was my optimistic tower of strength."

And this was appropriate, considering that Alison had already faced—and won—her own struggle with adversity. In the summer of 1983, the thirteen-year-old was enjoying an offbeat holiday, touring the Irish countryside via a picturesque horse-drawn caravan with her mother and grandfather when disaster struck. Alison was leading the horse down the road when a speeding car smashed into her.

Tossed twenty feet by the impact, the teenager landed in a bramble bush. It cushioned her fall, but her injuries were terrible nonetheless. Jill and Michael heard the news in faraway New York, where they were living with six-month-old Max. "I got this telephone call that said she'd been hit by a car, that she was in a coma and that they didn't know if she was going to come out of it," Michael says. "We didn't even have passports. and there was no time to get to a bank."

Here, too, the couple were blessed in their friends. To the rescue came actor-director Henry Winkler and his wife, Stacey, who interceded with the State Department to arrange for passage without passports, money or airline tickets.

"A limousine just pulled up at the door, and the driver told us everything was already taken care of," Jill reports. Money was waiting when they changed planes in London. And in Ireland, the kindness of strangers materialized. "When we got to Shannon airport, I realized I couldn't drive two hours on the opposite side of the road in the state I was in," Michael says, "so I asked a taxi driver to drive, telling him the whole story."

The Irish cabbie made a phone call, piled the family into his car and then drove straight home to his own family. "He told us we needed something to eat," Jill recalls with wonder. "His wife had tea and food waiting for us. Then he took us on to the hospital, and while we were with Alison, he drove around to find us a bed-and-breakfast place to stay in."

The will to live

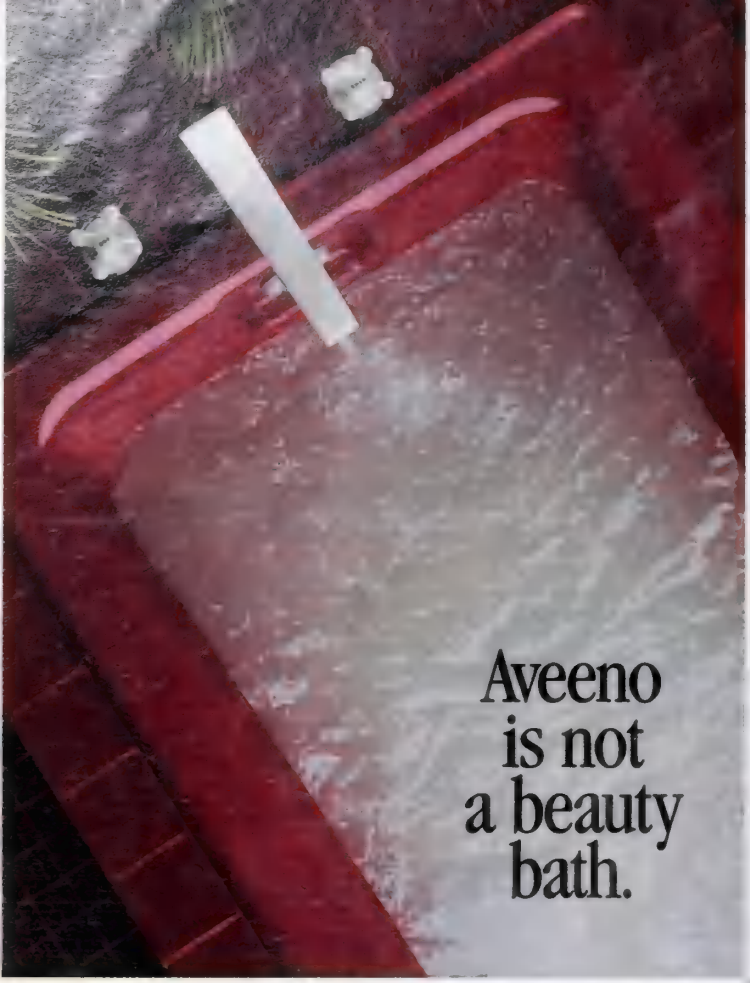
The couple spent two days by Alison's bedside, talking to her and praying. Finally, their prayers were answered—and in a characteristic way. "I was holding her hand and bending over her saying, 'It's Daddy, darling, can you hear me?' " Michael says. "Finally she muttered in a soft voice, 'Barely.' It was enough of a wise-guy answer to tell me she would be all right."

But it was a long, slow recovery. Several weeks after the accident, Alison was flown back to New York, encased in a full-body cast and stretched over several seats of the airplane. She spent one *(continued)*

Sygma



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large private fund for breast-cancer research.

"We tried to tell women it's not the end of the worl The good thing about my story and those of all the oth women is that it shows cancer can be beaten and th we've all gone on to successful, fulfilling lives."

She certainly has. In addition to *L.A. Law*, Jill starre last fall in two well-received TV movies. One, *A Stonir in Fulham County*, was inspired by the true story of t death of an Amish baby in a small Pennsylvania tow The other came closer to home; in *A Family Again*, s and Michael co-starred in a poignant tale about a coup trying to put their lives back together after the accident death of their eldest daughter.

Jill says she's glad that her rising stardom gave great visibility to her cancer message. But she adds: "It is the sorts of things—my illness, Alison's accident—that give y a real perspective on life. They make you aware that b coming a TV star is probably not as big a deal as you thin There are so many more important things than that."

These days, the Eikenberry-Tucker household is tryi to stay in touch with those important things. Jill—w has a mammogram every six months and a manual exa every three months and so far maintains a clean bill health—is cultivating her rose and herb gardens a savoring her moments with Max. Alison is now enroll in drama school at Fordham, in New York City, and loc ing forward to an acting career of her own.

They are all still joking, especially about the heig difference between five-foot-five Michael and five-fo seven Jill. He notes that a British TV interviewer recer ly referred to them as "the knockout and the gnome." A then he adds wryly: "Bet you can't pick which one is t gnome." In truth, you really can't pick; in this famil everyone stands tall.

JILL EIKENBERRY
continued

month there in physical and psychological therapy.

Even as she regained physical strength, she still had no short-term memory. "She could remember her childhood, but not things that happened a week ago or ten minutes ago," reports Michael. Then, typically, just as he's waxing emotional about their terrible ordeal, he decides it's time to lighten the atmosphere with a zinger. "Of course, she's still fairly stupid . . . " he adds, and both burst out laughing.

Laughter also speeded Jill's convalescence from cancer—but it was tears that wrought the final healing. One day during her recovery, she met an old friend, TV producer Linda Otto, for lunch. Linda had also overcome breast cancer, and she suggested they put together a documentary on women who had survived and prospered after surgery.

Jill readily agreed but suddenly found herself breaking down. "It was at that lunch that I cried, probably for the first time. I realized that I had tried to be strong for everyone, for Michael, Alison and Max and friends, but I don't think until that lunch I had actually faced it properly myself. If we were to make this documentary, I had to face it. So did Michael. We finally talked it all out for the first time almost two years later."

Once she decided to go ahead with the project, Jill's involvement was deep. She served as host and co-producer, sharing the hopeful stories of one hundred survivors, including such household names as Nancy Reagan and Gloria Steinem—as well as women like Jill's aunt, Treva Timmons, who suffered breast cancer more than thirty years ago. And for her efforts, Jill received the excellence-in-media award from the Susan G. Komen Foundation, a



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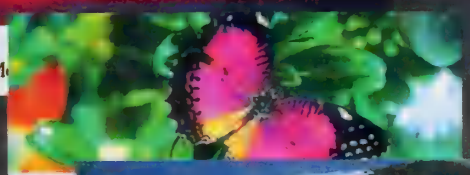
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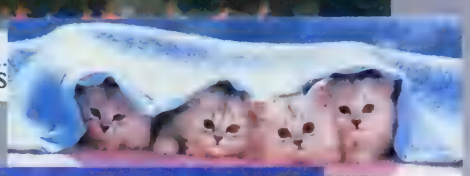

Coastline L04


Country Living L06

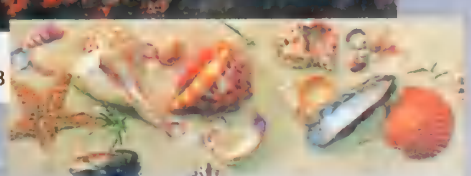

Guiding Light L07

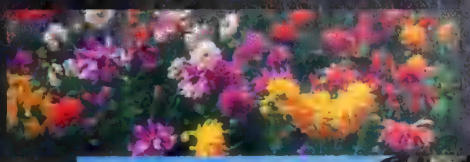

Harbor L08


High Country L09


Kittens L11


Mountain Autumn L12

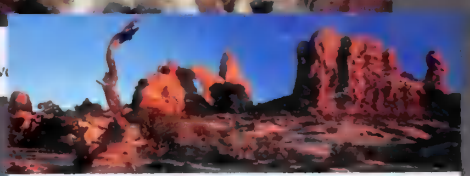

Seashells L14


Springtime L17


Sunny Beach L19


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___	L03	Butterfly	____	___	L14	Seashells	____
___	L04	Coastline	____	___	L17	Springtime	____
___	L06	Country Living	____	___	L19	Sunny Beach	____
___	L07	Guiding Light	____	___	L20	Crashing Surf	____
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PARENTS' JOURNAL

By Mary Mohler and Margery D. Rosen

A GUIDE TO CHILD REARING IN THE EIGHTIES

Not tonight, honey...

Has your lovelife fizzled since the baby was born? According to Penny Wise Budoff, M.D., founder of the Women's Medical Center, in Bethpage, New York, many new parents don't realize how much that little bundle of joy can douse the flames of passion. The best way to mitigate guilty feelings, Budoff advises—and find a solution to your problem—is to understand exactly what's happening to your body and your emotions postpartum.

The first six weeks

The reason your doctor told you to abstain from sexual relations (and, for that matter, tub baths, tampons and swimming) for four to six weeks after childbirth is that your cervix and uterus are prone to infection until they've shrunk back to normal size. Even so, the ban on intercourse doesn't mean you can't have any closeness at all. "During the first weeks of new parenthood, couples need the warmth of physical contact," says Budoff. "Kissing, hugging and massages can be wonderful ways to give each other pleasure."

Episiotomies and caesareans

Each woman varies in regard to recovery time and pain threshold, but most often the six-week period of enforced celibacy coincides with the time it takes to feel physically comfortable making love again. "Just be sure to tell your husband that you're okay," says Budoff. "He may be afraid of hurting you."

The role of hormones

What if you don't want to make love, even after the doctor gives you the go-ahead? If you're nursing, the culprit may be prolactin, a hormone produced in high levels while you're lactating. Many doctors believe this hormone may suppress the sex drive. Even if you're not nursing, your body is readjusting all of your hormones, which can affect sex drive.

The motherhood mind-set

Hormones notwithstanding, the experience of becoming a mother can in itself diminish desire. As motherhood becomes your number-one priority, you're probably going to focus (for a while, at least) more on the child than on your husband. Add to that a possible bout of postpartum depression, and you simply may not be all that interested in sex. Just remember: There's no reason to feel guilty about something so natural and universal.



Your husband's turn

Maybe *he's* feeling less than amorous. "Some men suddenly see their wives as Madonna figures," says Budoff. "Deep down, they believe it's wrong to make love to a mother, any mother. Nursing can exacerbate the problem, since your breasts are not there just for his enjoyment anymore and may even excrete milk during lovemaking." Try to get your husband to talk things out. Let him know that your loving feelings for him have not diminished. In extreme cases, you may want to seek professional counseling.

Exhaustion

Face it: Simple fatigue is probably the most important reason for a lackluster sex life after the baby comes. Of course, your husband is tired now, too. Possibly the only answer here is: Keep your sense of humor and remember . . . this, too, shall pass!

—SONDRA FORSYTH ENOS

WHEN KIDS GET SICK

What must you have in your medicine chest? The National Association of Pediatric Nurse Associates & Practitioners has prepared a free sticker to remind you of the twenty essentials, plus tips to keep your children healthy. Send a stamped, self-addressed envelope to NAPNAP, 79 Madison Avenue, Third Floor, New York, NY 10016.

One mother's STORY

A dog's tale

By Elizabeth Berg

My daughter, Julie, is eleven, and it recently occurred to me that it's been a very long time since I've spent much time in her room. Oh, I come in to kiss her good night each evening, and I do some cleaning here every few days, but I don't, for example, lie next to her on her bed and read aloud like I used to. I don't play Legos or color with her while we sit cross-legged on the floor. I don't run through my repertoire of characters at tea parties.



Now what she does here doesn't include me: She does math homework that's beyond my comprehension. She reads fat books to herself. She listens to music I don't know and wouldn't recommend. She shares secrets in low voices with her girlfriends.

There is a poster of a rock group on her wall, and a steadily growing stack of record albums on the floor. On shelves there are what seem to be thousands of stuffed animals. And sitting at the end of the row is Snoopy, barely recognizable, who has been loved seriously, almost into oblivion. He was for many years Julie's "blankie," the thing she needed for sleep, for comfort, for everything. I remember saying to her, at a time when she was much shorter, that there would

(continued)

Photo, Ted Kowalski/Image Bank; illustration, Stephanie Birdsong

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Keith Quillen, Kent, N.Y.

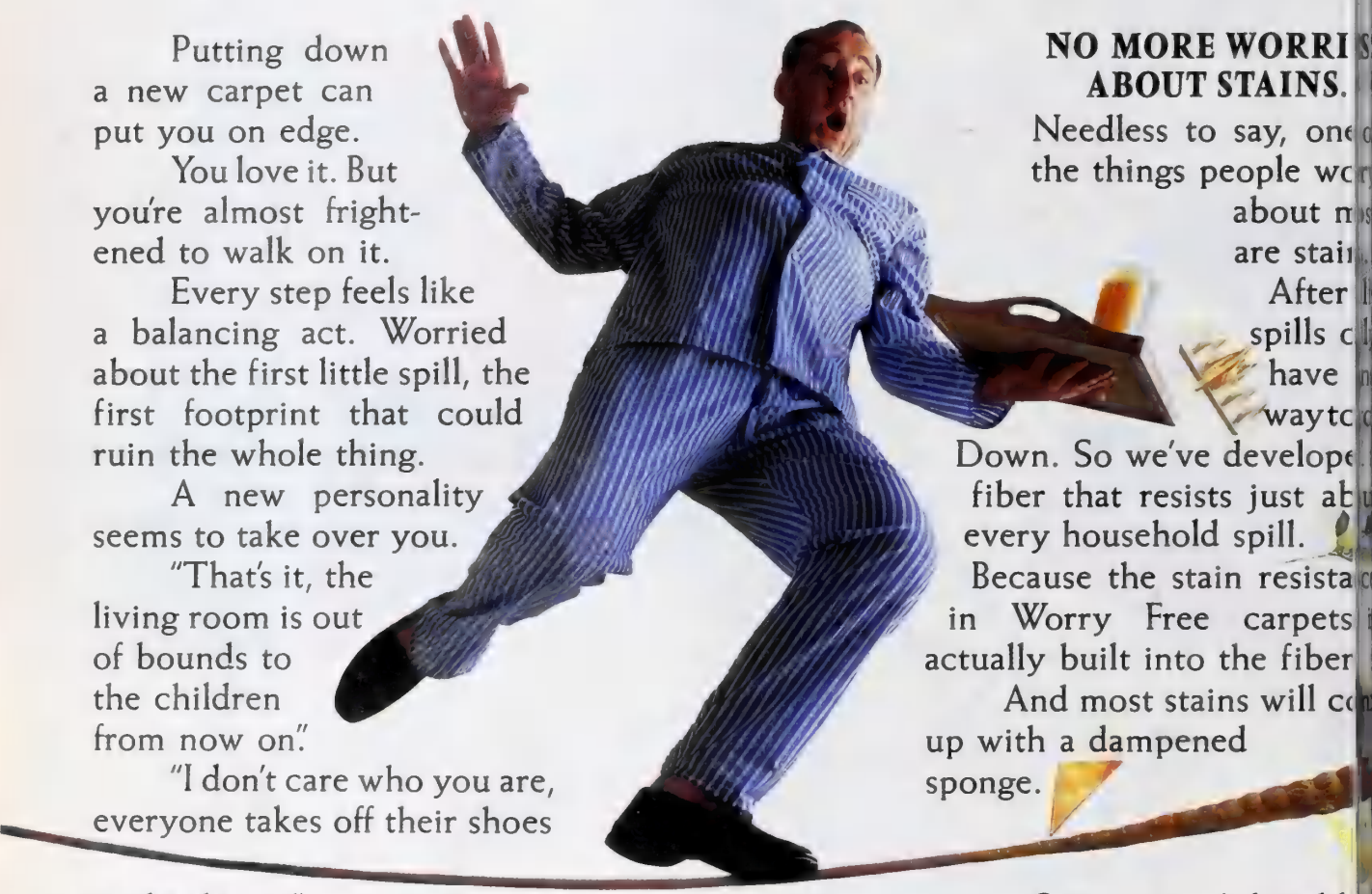




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"I don't care who you are, everyone takes off their shoes in this house."

"And by the way, the dog stays where he belongs. Outside."

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No. Of course you don't.

Times have changed and so have carpets. Now there's a whole new generation of carpets from Allied Fibers. They're called Worry Free.®

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Needless to say, one o the things people wo r about m s are stai . After l spills c l have n way to o Down. So we've develope fiber that resists just ab u every household spill. Because the stain resista c in Worry Free carpets i actually built into the fiber And most stains will co m up with a dampened sponge.

So you won't be able t find a more stain-resistant carpet, n matter how hard you look.

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Worry Free carpet is more than s stain resistant though.

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*See warranty

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(continued) come a day when "Doggie" would just be too delicate, too old, for daily use. Then we'd have to put him on a special shelf where he would be loved from a distance and shown the great respect he would by then have earned. "But that will be when you've outgrown him anyway," I had reassured her. I forgot about me.

The ends of Doggie's ears are paper-thin from Julie using them to rub her nose in the ritual she performed as her prelude to slumber. The ears still (I check) carry the scent of childsleep, that earthy, lovely smell that wraps itself around our young ones every morning.

I remember Doggie's roles: student, in hundreds of impromptu indoor and outdoor classrooms. Offspring, of arbitrary gender. Much-maligned husband. Wildly erratic driver of the little red wagon and frequent accident victim of same. Even silent sufferer of chicken pox, complete with taped-on red construction paper dots to emulate his owner's.

I remember Julie's grandpa once innocently suggesting that she throw her beat-up Doggie away and get a new one, and how Julie's heart and mine protested in unison and outrage, though on the outside we only politely demurred.

Now Doggie lives on the shelf, and except in times of extreme heartache, he doesn't come down anymore. And in that moment, I realize Doggie and I have both been shelved, in a way. Julie loves us, but she is growing older and more independent, as she should; and she doesn't need us in the same way. That's why I am a relative stranger in her room.

I, too, am torn between two emotions: I am happy my daughter is growing up—and sad to lose her to the beginnings of adolescence.

Almost imperceptibly, I sway for a moment, rocking Doggie and me in a tiny ceremony of recognition and resignation. Then I gently put him back on the shelf.

WA-AH-AH-AH

You tell us: What's the best way to calm a crying infant? What special trick worked for you? Send a postcard with your favorite tried-and-true advice to Parents' Journal, *LHJ*, 100 Park Avenue, New York, NY 10017. We'll publish the best of the best in a future issue.

HOW WOULD YOU HANDLE IT







A close relative has died. Would you take your child to the funeral?

■ Jo Ann Czarny, 30, Summit, NJ, two children, 4½, 2½

I would not take my two-year-old to a funeral service, but my four-year-old? Definitely. I think it would help him understand the finality of death. It's one thing for a parent to explain what has happened and another for a child to participate in a meaningful service. I'd be sure to explain everything that would be happening, and if it looked as though he wasn't able to handle it, I'd leave.

■ Christine Marsh, 30, Lexington, KY, four children, 10, 8, 6, 1½

Some kids find it hard to figure out where the dead person went, and in that case I think the funeral could put it all in concrete terms. I don't think you can make any hard and fast rules. But you have to know the maturity level of your child. For instance, I'd take my six-year-old to the funeral service, which is usually calm and subdued, but not to the cemetery or to a viewing, which I think might be scary for him.

■ Judith Garson, attorney 39, New York City, one child, 6

Our son was three when his grandfather died, and we took him to the funeral because we sensed he'd feel terrible if he was left behind. First, we read lots of books—*Nana Upstairs, Nana Downstairs*, by Tomie DePaola, was particularly helpful. You have to know your child *and* yourself. Will you be upset if he acts like a three-year-old? Peter talked and wandered around a lot during the service. I had to let him act the way he wanted to—and actually, he was a nice distraction for many of the mourners.

Be part of our panel and share your parenting expertise: Send your name, address, age, phone number and a brief description of your family (number and age of kids) to Parents' Journal, LHJ, 100 Park Avenue, New York, NY 10017. We'll keep the information on file and call a few of you each month with a question.

Photos from top: Charles Moore/Black Star, Bill Strode/Black Star, Chris Morris/Black Star.

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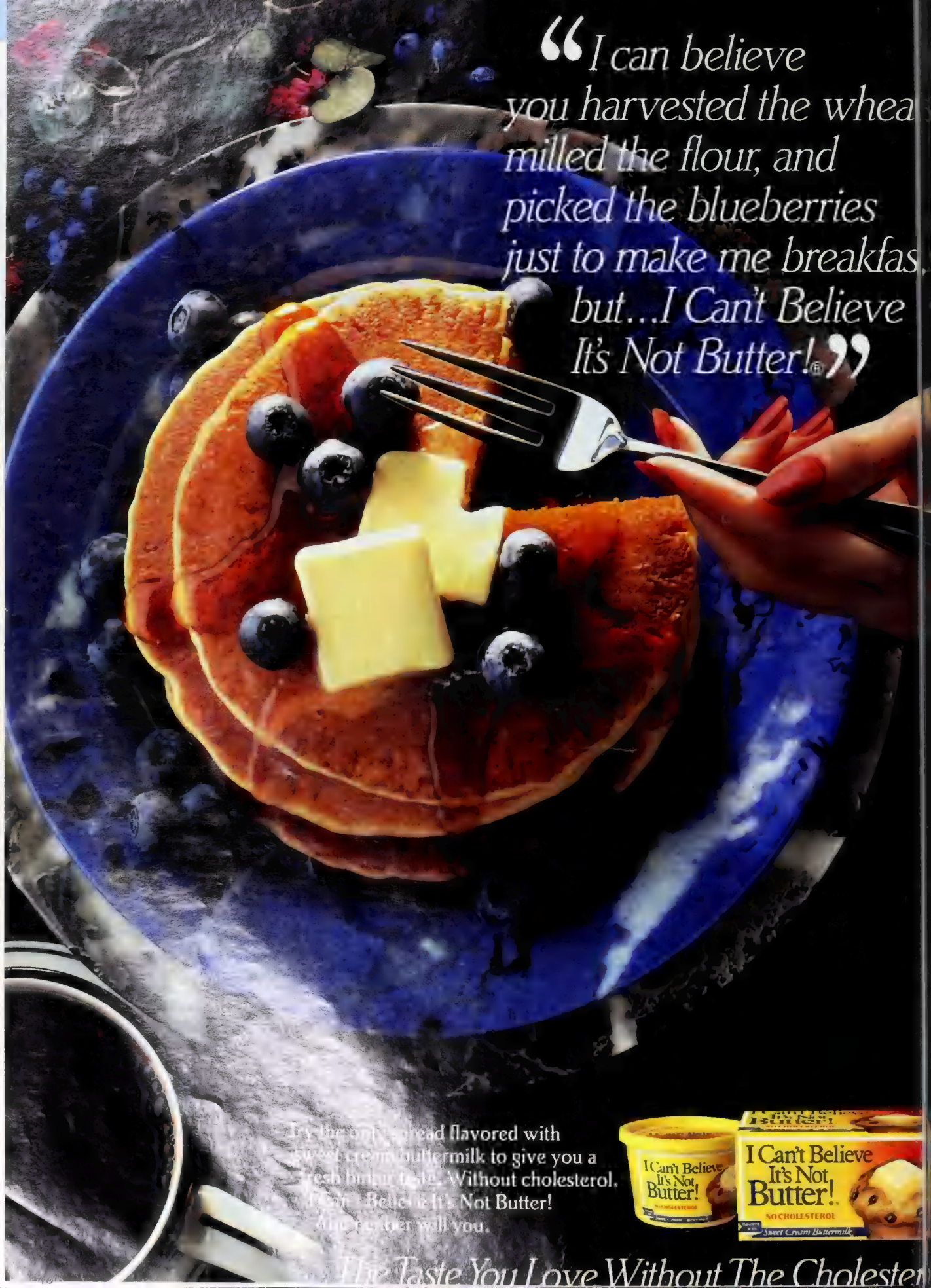


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If you're ready to get rid of those unflattering post-holiday pounds, here's a weight-loss plan that's guaranteed to put you back on track—fast!

the Weight Watchers New Year's diet

"Starting January first, I'll swear off cookies, candy and cake – I'm going to get rid of those extra pounds once and for all!"

Are you joining the multitudes who ring in the New Year with resolutions to win the battle of the bulge? "More diets are born on New Year's Day than at any other time," says Nema Frye, R.D., of Weight Watchers International, in Jericho, New York.

Unfortunately, too many diets are short-lived; excess pounds and inches remain or return, and all those good intentions dissolve like so much melting snow.

But it doesn't have to be that way. "There can be something very positive about the first of the year," says Ronna Kabatznick, Ph.D., psychological consultant to Weight Watchers. "The slate is symbolically wiped clean, and you are ready to move forward."

The key to sticking to good resolutions is to be realistic: Aim to lose one to two pounds a week.

To help you do just that, Weight Watchers International, known for its sensible, nutritious and tasty approach to eating, has developed a set of palate-pleasing, 1,200-calorie-a-day menus exclusively for *Ladies' Home Journal* readers (page 52).

To lose excess weight slowly and safely, use these menus as a guide to create your own diet-smart meals by adapting them to suit your individual tastes. Substitute fish for chicken, for example, or one fruit or vegetable for another. Just be sure to keep portion sizes comparable, and stick to the types of food used here: fresh fruits and vegetables, cereals and grains, dairy products, and lean meat or other low-fat protein sources. Depending on how quickly you shed pounds—and how soon you reach your goal weight—you can begin to add an occasional treat, such as a favorite dessert or glass of wine.

By Sue Berkman

The exercise connection

The new year is the perfect time for improving your eating habits and also taking another look at exercise. If you, like many women, don't have time to jog or do aerobics regularly, take heart. Every time you move, you burn calories. "Physical activity includes all bodily movement, not only what we normally think of as exercise," says William D. McArdle, Ph.D., exercise consultant to Weight Watchers. *(continued)*

exclusive

(continued) To figure out how to put more activity into your routine, let's look at how many calories an average busy woman burns on a typical day. (All figures are approximate.)

11:00 P.M.-7:00 A.M. Sleep eight hours: 360 calories
7:00-7:30 A.M. Make breakfast and eat, partly standing, mostly sitting: 30 calories
7:30-8:30 A.M. Get kids off to school, husband off to work, straighten up: 120 calories
8:30-9:00 A.M. Go to work—drive ten blocks to station, take train and bus to office: 30 calories
9:00 A.M.-1:00 P.M. Perform normal office routine, including walking, typing, filing: 360 calories
1:00-2:00 P.M. Lunch hour spent shopping; traveling by bus: 60 calories
2:00-5:00 P.M. Normal office routine: 250 calories
5:00-6:00 P.M. Go home from work—bus and train to station; drive ten blocks home: 30 calories
6:00-7:00 P.M. Prepare dinner—some walking, some standing: 75 calories
7:00-7:30 P.M. Eat dinner, chat at table: 35 calories
7:30-9:00 P.M. Wash dishes, mop floor, vacuum, do laundry, write letters: 180 calories
9:00-9:30 P.M. Put children to bed, lay out clothing for the next day: 45 calories
9:30-11:00 P.M. Watch TV, read, go to bed: 90 calories

TOTAL CALORIE EXPENDITURE: 1,665

While the schedule outlined here sounds hectic, this hard day's work may not help a woman lose weight. In fact, if calorie intake goes above 1,665, she may *gain*. Here's how our typical woman could boost energy expenditure:

■ Walk briskly to and from the train station both morning and evening: 30 minutes—150 calories

■ Walk from store to store while shopping instead of taking the bus: 20 minutes—100 calories

With these simple changes, an additional 250 calories per day are used.

■ No more diet dropouts

Okay, now that you know what to do to trim down once and for all, how can you put yourself in the right frame of mind to stick with healthy changes? "It's a matter of getting a positive attitude and turning it into positive action," says Kabatznick. Here are some ways to reshape your thoughts:

■ Don't "go on a diet." This seemingly innocent phrase is emotionally loaded, because it implies you will soon go *off* the diet. Instead, tell yourself your goal is to improve your eating habits permanently.

■ Think "thinner" rather than "thin." If you have a long-standing weight problem, it may be too difficult to envision yourself in a *much* slimmer body. Instead of aiming for complete, immediate transformation, picture yourself as, say, ten pounds lighter. When you reach that goal, you can decide if you want, or need, to lose more weight.

■ Accept the lapse, avoid the relapse. A lapse is a small, temporary slipup; relapse, on the other hand, is what happens when a single lapse turns into many. So if you err, simply forgive yourself and get back on track. The important thing is to recover from the lapse and learn something from it.

■ Be aware of your binge triggers. The seemingly uncontrollable urge to overeat does not appear out of the blue. The quiz below will help you spot your trigger situations and develop constructive responses that don't involve food.

■ Don't pull the trigger!

IN THE SPACE TO THE RIGHT OF EACH STATEMENT, PUT A 3 IF THE PHRASE IS ALWAYS TRUE FOR YOU, 2 IF IT'S SOMETIMES TRUE, AND 1 IF IT'S NEVER TRUE.

I feel especially tempted to overeat when:

1. I am visiting with friends. (P)
2. I am feeling very happy or very sad. (F)
3. I am in a new situation—especially one involving travel. (A)
4. I am around large quantities of food. (S)
5. I am celebrating a special occasion or entertaining friends. (E)
6. I am feeling physically or emotionally fatigued. (F)
7. I am in food stores, ice-cream shops or bakeries. (S)
8. I am at a social function, such as a sports event or wedding. (E)
9. I am reading or watching television. (A)
10. I am with others who are eating. (P)

Now total your scores for each letter:

P_____ S_____ F_____
E_____ A_____

Each letter represents a common eating trigger: **"P,"** the *people trigger,* means you're especially likely to eat in the presence of others. **"F,"** *feeling trigger,* means strong emotions often cause you to overeat. **"A,"** *activity trigger,* indicates watching TV or going to movies may prompt unplanned eating. **"S,"** *sensory trigger,* means you're likely to indulge at the sight or smell of tempting foods. **"E,"** *event trigger,* suggests special occasions prompt you to splurge.

A score of 5 or 6 for a particular letter means this is a trigger you definitely need to work on; 3 or 4 means some work is needed; 2 or less means this is *not* one of your binge triggers. Now that you've discovered what triggers your binges, you can begin to change your behavior. For example, if your trigger happens to be *sensory,* instead of giving in to temptation next time you pass a gourmet cookie shop, remind yourself how well you are doing and congratulate yourself for walking on by.

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WEIGHT WATCHERS® QUICK SUCCESS® PROGRAM 7-DAY MENU PLANNER. THE FOLLOWING MENU PLANNER IS BASED ON THE WEIGHT WATCHERS QUICK SUCCESS PROGRAM FOR WOMEN

Men and youths may add one extra serving of fruit, 1 to 2 cups skim milk and have slightly larger portions of all main dishes.

EVERY DAY

BREAKFAST

½ medium banana, sliced
¾ ounce cold cereal
1 cup skim or nonfat milk
or
Oatmeal'n' raisins (½ cup cooked oatmeal, 2 tablespoons dark raisins, ¾ cup skim milk and ½ teaspoon honey)

SNACKS

(Choose two per day)
1 cup plain popcorn
½ cup reduced-calorie pudding
1 graham cracker (2½-inch square)
1 serving fresh fruit

BEVERAGES

Coffee, tea, mineral water

MONDAY

LUNCH

Chicken salad (2 ounces diced skinned chicken mixed with ¼ cup diced celery, 1 teaspoon mayonnaise and ½ teaspoon Dijon mustard on 4 lettuce leaves)
2 dill pickle spears and 6 radishes
1 slice reduced-calorie whole wheat bread
1 small orange

DINNER

1 serving Lentils, Rice and Vegetables*
1 cup cooked chopped spinach
1½ cups mixed green salad with 1½ teaspoons Italian dressing mixed with red wine vinegar
½ cup unsweetened fruit salad topped with ¼ cup plain low-fat yogurt

TUESDAY

LUNCH

Roast beef sandwich (2 ounces sliced roast beef with ½ cup alfalfa sprouts, 4 lettuce leaves and 1 teaspoon [illegible] mayonnaise and Dijon mustard on 2 slices reduced-calorie rye bread)
6 *each* carrot and celery sticks
1 small pear

DINNER

1 serving fish fillets amandine (5 ounces broiled flounder or haddock fillets seasoned with salt, pepper, lemon juice and ¼ ounce toasted slivered almonds)
3 ounces baked sweet potato
1 cup cooked snow peas
1½ cups sliced Belgian endive with ½ teaspoon olive oil mixed with red wine vinegar and seasonings
½ cup unsweetened grapefruit sections

WEDNESDAY

LUNCH

Egg salad (2 hard-cooked eggs, chopped, with 2 tablespoons chopped celery and 2 teaspoons reduced-calorie mayonnaise on 2 lettuce leaves)
6 *each* green pepper strips and carrot sticks
1 small orange

DINNER

1 serving Chicken with Prune Sauce*
½ cup cooked barley with ¼ cup cooked sliced mushrooms
1 cup cooked shredded red cabbage
1½ cups mixed green salad with 1½ teaspoons Russian dressing mixed with 2 tablespoons plain low-fat yogurt and ¼ teaspoon mustard
1 slice pumpernickel bread
½ cup reduced-calorie vanilla pudding

THURSDAY

LUNCH

Open-face tuna sandwich (2 ounces canned tuna, drained, with 4 tomato slices, 2 lettuce leaves and 1 teaspoon reduced-calorie mayonnaise on 1 slice pumpernickel bread)
6 *each* celery and zucchini sticks

DINNER

1 serving Cauliflower Soup*
3 ounces broiled flank steak
3 ounces baked potato with 2 tablespoons plain low-fat yogurt and chopped chives
1 cup steamed broccoli spears
Escarole-onion salad (1½ cups torn escarole with ¼ cup sliced red onion and 1 teaspoon salad oil mixed with red wine vinegar and seasonings)
3 ounces diet chocolate frozen dessert

FRIDAY

LUNCH

Ham 'n' cheese sandwich (1 ounce *each* sliced boiled ham and Cheddar cheese with 3 tomato slices and 1 teaspoon *each* reduced-calorie mayonnaise and mustard on 2 slices reduced-calorie multigrain bread)
6 *each* cucumber spears and radishes
1 medium kiwifruit or 1 small orange

DINNER

1 serving Linguine and Clams*
1 serving Eggplant-Turkey Italiano*
1 cup steamed chopped Swiss chard
1½ cups mixed green salad with 1½ teaspoons olive oil mixed with red wine vinegar and seasonings
½ cup low-calorie lemon-flavored gelatin (8 calories per ½ cup)

SATURDAY

LUNCH

¾ cup chicken bouillon
Tofu Salad (3 ounces diced tofu with ½ cup *each* broccoli florets and sliced zucchini, 6 green pepper strips, ¼ cup sliced radishes, and 1 teaspoon *each* soy sauce, Chinese sesame oil and rice vinegar)
1 ounce whole wheat pita bread
1 cup skim or nonfat milk

DINNER

4 ounces broiled swordfish with lemon wedge
½ cup mashed cooked winter squash
1 cup cooked Brussels sprouts
Tomato salad (6 tomato slices with ¼ cup alfalfa sprouts and 1½ teaspoons Russian dressing on 4 lettuce leaves)
½ cup reduced-calorie chocolate pudding

SUNDAY

LUNCH

Open-face peanut butter and "jelly" sandwich (1 tablespoon peanut butter with 2 teaspoons reduced-calorie raspberry spread [16 calories per 2 teaspoons] on 1 slice reduced-calorie white bread)
6 *each* carrot and celery sticks
¾ cup skim or nonfat milk

DINNER

3 ounces sliced roast leg of lamb
½ cup cooked green peas with ½ cup cooked sliced mushrooms
1 cup cooked cauliflower florets
1½ cups mixed green salad with 1½ teaspoons olive oil mixed with red wine vinegar and seasonings
3 melba rounds
1 serving Bananas with Maple-Yogurt Sauce*

*Recipe given

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Dolls shown smaller than approximate size of 19"
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LENTILS, RICE AND VEGETABLES

2 teaspoons olive or vegetable oil
2 cups thinly sliced onions
½ cup thinly sliced sweet red pepper
½ cup thinly sliced sweet yellow pepper
1 small garlic clove, minced
2 cups water
3 ounces uncooked dried lentils, rinsed
2 ounces uncooked brown rice
1 packet (.19 oz.) instant chicken broth mix
2 tablespoons sour cream
2 teaspoons chopped fresh flat-leaf parsley

In medium saucepan heat oil over high heat. Add onions, peppers and garlic; cook, stirring frequently, until tender, 8 to 10 minutes. Remove 1 cup onion mixture to small bowl and keep warm.

Add water, lentils, rice and broth mix to remaining vegetable mixture. Bring to a boil, stirring occasionally. Reduce heat to low; cover and simmer until lentils and rice are tender, about 40 minutes. Transfer to serving platter and top with reserved onion mixture. Spoon sour cream on top and sprinkle with parsley. Makes 2 servings.

Nutritional info per serving: 390 calories, 16 gm protein, 9 gm fat, 63 gm carbohydrates, 523 mg sodium, 6 mg cholesterol.

From WEIGHT WATCHERS® QUICK AND EASY MENU COOKBOOK, by Weight Watchers International. Copyright © 1987 by Weight Watchers International, Inc.

CHICKEN WITH PRUNE SAUCE

1½ pounds chicken parts, skinned
1 teaspoon salad oil
¼ teaspoon salt, divided
Dash freshly ground pepper
¼ cup chopped onion
¼ cup chopped celery
¼ cup chopped carrot
½ cup plus 2 tablespoons water, divided
1 small parsley sprig
½ bay leaf
4 pitted large prunes
¾ teaspoon fresh lemon juice
¼ teaspoon granulated sugar
1 teaspoon margarine
1 teaspoon all-purpose flour

Pat chicken parts dry with paper towel. Heat oil in 12-inch nonstick skillet. Add chicken, sprinkle with ⅛ teaspoon salt and the pepper, and sauté until lightly browned on all sides. Remove from skillet and set aside.

Add vegetables to skillet and cook, stirring frequently, until softened but not browned. Return chicken to skillet. Add ½ cup water, the parsley and bay leaf. Bring to a boil. Reduce heat, cover and simmer covered until chicken is tender, about 20 minutes.

Ten minutes before chicken is done, cook prunes in small saucepan with lemon juice, sugar and ¼ cup water until tender, about 5 minutes.

Transfer chicken to serving platter. Remove parsley and bay leaf from vegetable mixture. With slotted spoon arrange prunes around chicken; cover platter with foil to keep warm.

Strain vegetable mixture through fine sieve, pressing solids with back of spoon. In small saucepan heat margarine. Add flour and cook, stirring constantly, 2 minutes. Gradually stir in reserved vegetable liquid, prune liquid, and remaining 2 tablespoons water and ⅛ teaspoon salt. Boil, stirring constantly, until slightly thickened. Pour sauce over chicken and prunes.

Nutritional info per serving: 278 calories, 9 gm fat, 32 gm protein, 18 gm carbohydrates, 431 mg sodium, 99 mg cholesterol.

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CAULIFLOWER SOUP

2 tablespoons margarine
½ cup diced onion
5½ cups cauliflower florets
3 cups water
2 teaspoons all-purpose flour
1 packet (.19 oz.) instant chicken broth mix
1 teaspoon salt
Pinch white pepper
1 cup skim milk
Ground nutmeg (optional)

In large saucepan heat margarine over medium-high heat. Add onion; cook, stirring frequently, until translucent, about 5 minutes. Stir in cauliflower. Sprinkle with flour, broth mix, salt and pepper; cook, stirring constantly, 1 minute. Gradually stir in water. Bring to a boil. Reduce heat; cover and simmer until cauliflower is tender, about 10 minutes. Cool slightly.

Puree cauliflower with cooking liquid in 2 batches in blender. Return to saucepan and stir in milk. Simmer, stirring occasionally, until hot. Ladle into 4 soup bowls. Sprinkle with nutmeg. Makes 4 servings.

Nutritional info per serving: 135 calories, 7 gm protein, 6 gm fat, 16 gm carbohydrates, 893 mg sodium, 1 mg cholesterol.

LINGUINE AND CLAMS

2 teaspoons olive oil
¼ cup chopped onion
2 garlic cloves, minced
12 small littleneck clams, scrubbed
1 medium tomato, peeled, seeded, chopped
¼ cup bottled clam juice
¼ cup dry white wine
1 tablespoon chopped fresh parsley
¼ teaspoon dried thyme leaves
Pinch freshly ground pepper
1 cup hot cooked linguine
2 tablespoons freshly grated Parmesan cheese

In large nonstick skillet heat oil over high heat. Add onion and garlic; cook, stirring, until softened. Add remaining ingredients except linguine and cheese. Cover and cook until clams open, 4 to 5 minutes. Toss linguine with clam mixture in bowl. Sprinkle with Parmesan cheese. Makes 2 servings.

Nutritional info per serving: 230 calories, 13 gm protein, 7 gm fat, 24 gm carbohydrates, 254 mg sodium, 26 mg cholesterol.

From WEIGHT WATCHERS® 1989 ENGAGEMENT CALENDAR. Copyright © 1988 Weight Watchers International, Inc.

EGGPLANT-TURKEY ITALIANO

1 medium eggplant, pared and cubed
4 cups water
1½ teaspoons salt, divided
10 ounces ground turkey
1 cup diced onions
1 cup diced sweet green pepper
1 small garlic clove, minced
1 teaspoon dried oregano
½ teaspoon freshly ground pepper
Pinch ground red pepper
1 cup tomato sauce
2 tablespoons chopped fresh parsley
1 tablespoon freshly grated Parmesan chee

In large saucepan bring eggplant, water and ¾ teaspoon salt to a boil. Reduce heat and cook 5 minutes. Dra

Spray large nonstick skillet w vegetable cooking spray and heat o medium heat. Add turkey and cook til lightly browned, 3 to 4 minu Stir in onions, green pepper, ga oregano, both peppers and remain ¾ teaspoon salt; cook, stirring quently, until vegetables are ten about 4 minutes. Stir in eggplant, mato sauce and parsley. Cover simmer until flavors are blended, 3 35 minutes. Sprinkle with Parme just before serving. Makes 4 servin

Nutritional info per serving: 190 calories, 1 protein, 8 gm fat, 16 gm carbohydrates, 93 sodium, 48 mg cholesterol.

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BANANAS WITH MAPLE-YOGURT SAU

2 firm-ripe medium bananas
1 teaspooon margarine, melted
1 teaspoon fresh lemon juice
¼ cup plain low-fat yogurt
1 tablespoon plus 1 teaspoon maple syrup
Pinch ground cinnamon

Preheat broiler. Peel bananas; lengthwise in half, then crosswis half again. Arrange pieces in fl proof baking dish. Mix margarine lemon juice; brush evenly over nanas. Broil 5 to 6 inches from until heated through, 3 to 4 minu

In small bowl mix yogurt and m syrup. Spoon bananas and any li in dish into bowls. Top each ser with half the yogurt mixture. Spr with cinnamon. Makes 2 servings

Nutritional info per serving: 175 calories, protein, 3 gm fat, 37 gm carbohydrates, sodium, 2 mg cholesterol.

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WHAT'S HOT LEADING LADIES

Three leading ladies bring cheers, tears and careers to the big screen this winter season



Cybill Shepherd sounds off

Cybill Shepherd is having an anxiety attack. A bona fide, grade A anxiety attack. The subject is *Moonlighting*.

"We begin filming in ten days, and I still haven't seen a script," she says, her voice beginning to rise. "Not one single page! That makes me *nuts*."

Whoa! Something's wrong here. Cybill and I are supposed to be talking about *Chances Are*, her upcoming movie co-starring Ryan O'Neal—her first since her *Moonlighting* comeback three years ago. *That*'s what you'd think would have her tossing and turning at night. After all, the last few films she made in the late seventies were so maligned by critics and ignored by the public, she was forced to flee Hollywood for years.

"I try not to let *that* worry me," she says, and then pauses for a moment. "It doesn't always work, but even if I get bad reviews, I can't run back and change the performance."

Cybill insists she's glad she did the film, which she says was a far more enjoyable project than working on *Moonlighting*.

"Making this film was like a gift from heaven, because *Moonlighting* was not a happy work experience," she says. "The scripts are always late. The schedule is a killer—you're always tired and under the gun. On this film I sometimes worked fourteen hours a day, but it was a very respectful and collaborative atmosphere—and I had a lot of *fun*."

For years, Cybill and her co-stars have denied the never-ending rumors that their set is rougher than a Saturday night at the roller derby. Now, however, she admits that for much of last season, she was locked in an almost constant battle with Glenn Caron, the show's *(continued)*



A beaming Cybill on the arm of her handsome husband, Dr. Bruce Oppenheim

Photos from top: Walter McBride/Retna; Arroyo/Retna

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WHAT'S HOT LEADING LADIES

(continued) creator and former executive producer, who left at the beginning of the season. "There was terrible contention between Glenn and me, particularly at the end," she admits. "I think I drove him crazy because he couldn't control me. He would be abusive toward me, screaming that I didn't care about my work."

Cybill also admits that she and Bruce Willis sometimes verbally duke it out, although she insists, "With Bruce and me, it's different—we're more like kids fighting. When you're working with someone for nine or ten months straight, it's like being in prison together. You go through periods where you hate each other's guts. But when I look back on what we've done together, I'm so impressed. He's so talented, so really talented."

After the turmoil of *Moonlighting*, some might have thought that *Chances Are* would be a little like going from the frying pan into the fire. After all, Cybill's co-star in the film, Ryan O'Neal, also has a reputation for being a handful on the set.

As it turns out, she insists, she and her co-star got along fabulously. "I don't know, I just felt comfortable with him. It was amazing doing a love scene with him."

There's a devilish tone in Cybill's voice as she explains the various love triangles in *Chances Are*, directed by Emile (*Dirty Dancing*) Ardolino. Cybill plays a woman who falls in love, not knowing the man is her late husband (played by Robert Downey, Jr.), who has been reincarnated as a younger man. Yes, Cybill also has a love scene with Downey, who, at twenty-three, is fifteen years younger.



Cybill takes her chances with Robert Downey, Jr., in her new film, *Chances Are*

Now Cybill says she'd like to make another film as soon as possible and has already received a number of offers—including a possible sequel to *The Last Picture Show*, the film that launched her career.

"But mostly, I want to be with my children and my husband. I work a lot, and every free moment I have, I want to be with them." —ERIC SHERMAN



Bette Midler gets serious

It is the face that launched a thousand schticks—an animated, moon-shaped puss that was destined for comedy. How can you help laughing when you look at those gigantic, saucer-shaped eyes ready to pop forth at a moment's notice? Combine that with Hollywood's most flamboyant talent since Mae West, and you've got Bette Midler—the sassiest, trashiest, funniest woman in America.

But hold everything! After racking up four hit comedies in a row (*Down and Out in Beverly Hills*, *Ruthless People*, *Outrageous Fortune*, *Big Business*), the wickedly Divine Miss M is suddenly getting serious. In her holiday release, *Beaches*, she takes on her first dramatic role since she won an Academy Award nomination for *The Rose* in 1979. After laughing with Bette for so long, is America ready to cry again?

"I think her fans are going to see a Bette they've never seen before, even in *The Rose*," says co-star Barbara Hershey. "In this film, you see her for what she really is: a very warm and introspective person."

In *Beaches* Bette plays CC Bloom, a *(continued)*

Photos from left: Tri Star; Larry Williams/Outline


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WHAT'S HOT LEADING LADIES

(continued) brash and streetwise singer with a surprisingly vulnerable side. In many ways, it's an accurate description of Midler herself—a woman who can camp it up when the camera is rolling, then show an unlikely quiet side when the director hollers "cut!"

"Having known her casually for a while, I was used to the brassy Bette," says the director of *Beaches*, Garry Marshall, who also directed *The Flamingo Kid* and *Nothing in Common*. "But what I didn't realize is that she has a very tender, emotional side."

And that may be because of her most satisfying role, as a wife and mother. Much of that tenderness comes from Bette's two-year-old daughter, Sophie, who was constantly on the *Beaches* set. During breaks, the Divine Momma M would make a beeline for her toddler.

"I'd spend every spare moment between takes reading over the script," says Lainie Kazan, who plays Bette's mother in the film. "I'd be sitting there furiously preparing, and Bette would be playing with her child. There would be a call for action, she'd hand the baby over to someone, jump right into the scene, do it perfectly, then walk right back to her baby. It all seemed to come so easily for her."

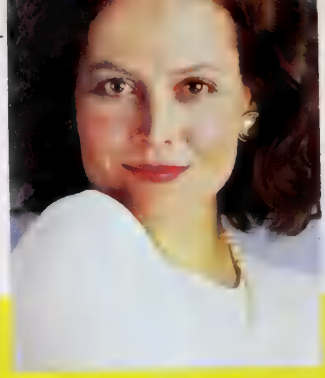
So easily that she has agreed to write a book on her techniques of motherhood culled from her experiences with Sophie. The book is due in the fall.

Whether or not *Beaches* does well at the box office, we'll be seeing a lot of the more serious Miss M in the future. Her next movie is expected to be a remake of *Stella Dallas*, the 1937 Barbara Stanwyck melodrama about a mother who sacrifices her own happiness for her daughter. Anyone who is familiar with the original tearjerker knows enough to keep a box of Kleenex handy. Considering Midler's newly polished dramatic skills, you'd better get two boxes for the remake.

—ERIC SHERMAN



With a serious role in *Beaches*, Bette Midler is hoping to make waves at the box office



Having braved outer space and the African jungle, Sigourney Weaver makes a play for the executive suite

Sigourney Weaver goes to work

No one can say Sigourney Weaver can't tough it out. She out-Ramboed Stallone by barbecuing her extraterrestrial adversaries in *Alien* and its sequel *Aliens*. She was possessed by a demon that resided in the dairy section of her refrigerator in *Ghostbusters*. Then the thirty-nine-year-old actress became den mother to a group of four-hundred-fifty-pound mountain gorillas when she played American naturalist Dian Fossey in the fall hit *Gorillas In the Mist*.

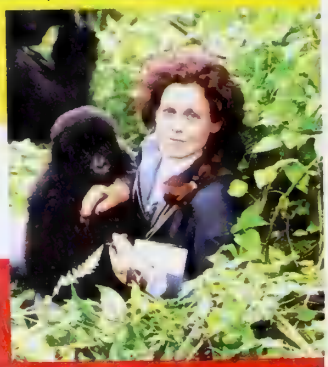
You'd think after spending all that time in the African jungle, she'd just want to relax for a while. But heck no, Sigourney Weaver is a *Working Girl*. That's the name of her newest movie, directed by Mike Nichols, and it is the film that confirms she's become one of today's biggest stars.

In *Working Girl*, co-starring Melanie Griffith and Harrison Ford, Sigourney plays a high-powered executive who knows what she wants and will stop at nothing to get it. In reality, however, it took Sigourney some time to figure out what her goals were and a while longer to realize them. But her legacy was show business. Her father, Sylvester "Pat" Weaver, is a former president of NBC; her mother, Elizabeth Inglis, is a former British actress.

Determined to make her own way in acting, Sigourney enrolled in drama school at Stanford and later Yale, where she was a classmate of Meryl Streep's. After graduation she appeared with Ingrid Bergman in the Broadway production of *The Constant Wife*, and after a few stops on the daytime TV circuit, she landed the *Alien* role, which jump-started her career and led to parts in such hits as *The Year of Living Dangerously*, *Ghostbusters* and *Eyewitness*.

What's next for this busy and talented actress? It seems to be a role she can play at home with her husband of four years, theatrical director Jim Simpson. "My husband and I are thinking about being parents," she reveals. "That's more important than running around [on screen] with guns."

—MIKE HAMMER



Sigourney with a friend from *Gorillas in the Mist*

Photos from top: Andy Schwartz, Jane O'Neal/Touchstone, Ken Regan.

The last rays of setting sun danced across the glimmering countertops in the Delta Plantation kitchen. Susan squinted in the golden light, as she reached out to lower the blinds. Clutching her bottle of Fantastik, she began spraying the dirty stove top. As she briskly wiped away the spatters of dried spaghetti she'd dripped the

bered the excitement she had felt. He would be here any moment. Tall with dark tousled hair, a Roman nose which he said was too big, but was actually perfectly suited for his large brown eyes. Eyes that seemed to absorb every inch of her beauty. Her beauty. She'd never felt it existed until Francisco came into her life. She thought about their first meeting. She had heard the doorbell and glanced through the foyer window, where he stood gazing in awe at the white columns of the sprawling orch,

the ancient Magnolia trees, and the huge green lawn of Delta. She opened the door uncautiously as if she instinctively trusted him. "Hi," she said uncharacteristically casual to a total stranger. "Hi. I'm here to deliver some packages to Mr. Conrad Effingham." His smile seemed to cut through any pretense or formality. It was a genuine smile. The kind that makes a stranger not a stranger anymore. She glanced out to the circular driveway where his green delivery truck was parked. She hadn't noticed it, or his green work shirt with the name "Francisco" stitched over his right pocket. She had only now been able to pull her eyes from his striking face. "This place is beautiful," he said. "I've seen it from the main road many mes, but never came through entrance." Then he looked irectly at her, his gaze rifting from her long hick red hair, to er bright green eyes, down to her slightly freckled ose, to her soft ull lips. "This place is ull of beautiful things," he said softly.

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She stumbled on her words, "Why, uh, thank you." Susan felt her pulse jump. Her lips and cheeks tingled warmly as the capillaries swelled with the rush. "Could you sign for this...Mrs. Effingham?" She took the clipboard from his outstretched arm, brushing his hand as she reached for his ballpoint. It was a simple little touch, yet seemed to send pulse racing faster.

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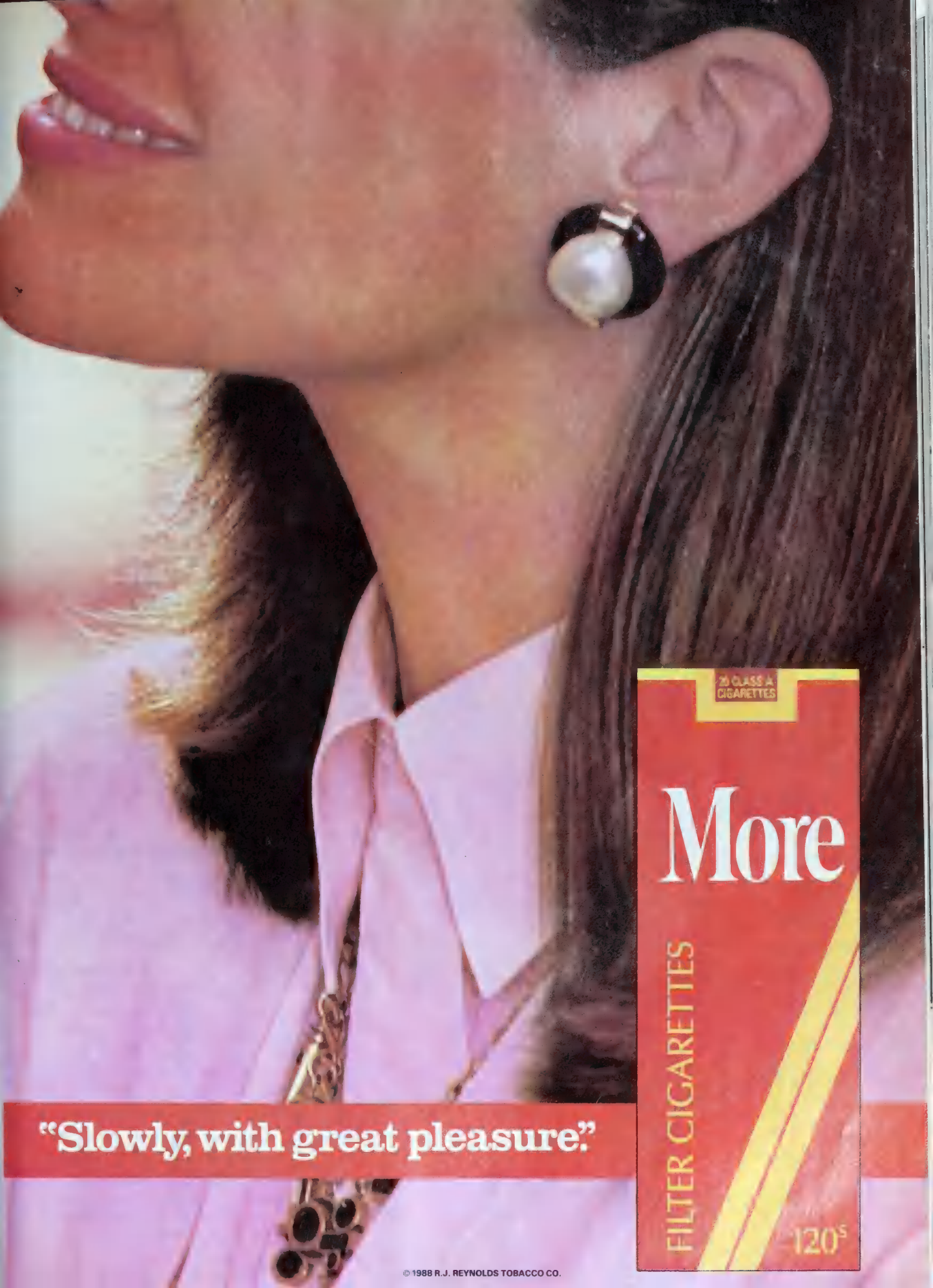
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An elegant, intimate New Year's Eve dinner. Next page, a host of holiday appetizers and after-dinner treats

Menu

FOR FOUR

- *Veal Scallops with Marsala Sauce
- *Shiitake Mushrooms with Herbs
- Parsleyed Rice
- Sautéed Broccoli and Cherry Tomatoes
- *Strawberry Royale Sorbet

*Recipe given

1 VEAL SCALLOPS WITH MARSALA SAUCE

Marsala, a heady wine from Sicily, adds depth and flavor to veal. The alcohol boils off in the last minutes.

In large skillet heat 1 tablespoon vegetable oil over medium-high heat. Meanwhile, coat 1½ pounds veal scallops, pounded thin, with flour; shake off excess. Add to skillet a few at a time and sauté 1 minute per side, adding 1 tablespoon more vegetable oil as needed. Transfer veal to a warm platter and cover to keep warm. Add ¼ cup minced shallots to skillet and cook, stirring frequently, 1 minute. Increase heat to high. Add ½ cup dry Marsala wine and 1 cup chicken broth, stirring to scrape up browned bits, and boil until sauce is reduced by half. Pour over veal and serve immediately.

Nutrition info per serving: 370 calories, 35 gm protein, 21 gm fat, 8 gm carbohydrates, 411 mg sodium, 121 mg cholesterol.

2 SHIITAKE MUSHROOMS WITH HERBS

Lending the taste of a wild forest mushroom, shiitakes are cultivated in the U.S. and are widely available.

Preheat broiler. In small bowl combine 2 tablespoons olive oil and ¼ teaspoon *each* thyme, rosemary, salt and pepper. Add 4 ounces shiitake mushrooms, stems removed; toss well to coat. Spread mushrooms on broiler pan and broil until tender, 5 to 7 minutes.

Nutrition info per serving: 70 calories, 1 gm protein, 7 gm fat, 1 gm carbohydrates, 136 mg sodium, 0 mg cholesterol.

3 STRAWBERRY ROYALE SORBET

A light, luscious finale—it goes from food processor to table in only three minutes!

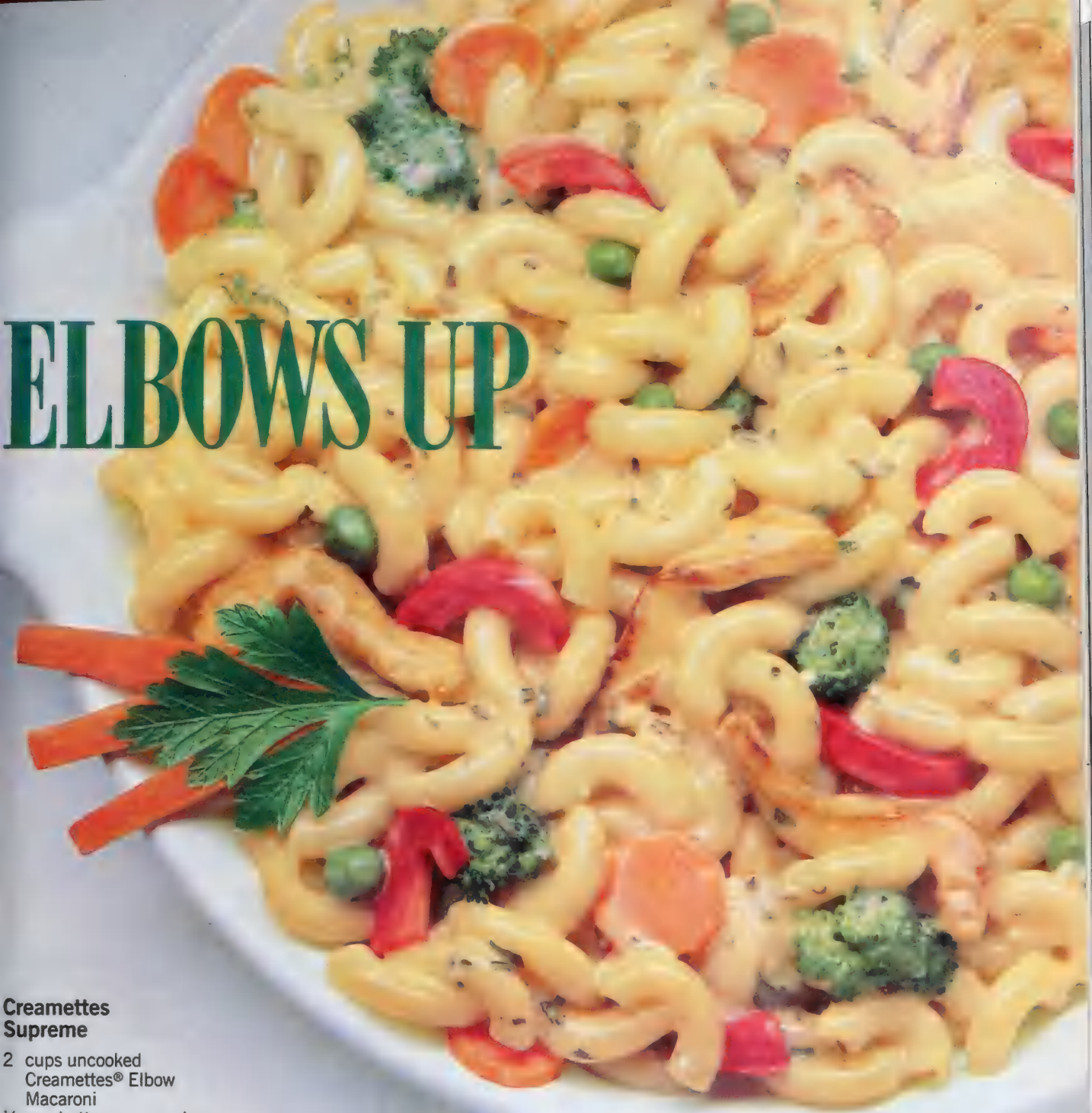
In food processor process ½ cup sugar 30 seconds. Add ¾ cup chilled champagne or ginger ale and 1 tablespoon fresh lemon juice; process 30 seconds more. Add approximately 2 cups frozen whole unsweetened strawberries (from a 20-oz. package); pulse several times to break up berries. Then, with machine on, add remaining berries in package through feed tube; process until smooth.

Nutrition info per serving: 240 calories, 1 gm protein, 0 gm fat, 57 gm carbohydrates, 5 mg sodium, 0 mg cholesterol.



Photos, J. Barry O'Rourke; prop stylist, Debrah Donahue.

ELBOWS UP



Creamettes Supreme

- 2 cups uncooked Creamettes® Elbow Macaroni
- ¼ cup butter or margarine, divided
- 1 lb. boneless chicken, skinned, and cut into strips
- 2 tsps. chicken-flavor instant bouillon
- 2 cloves garlic, minced
- 2 cups small fresh broccoli flowerets
- 1 medium onion, cut into chunks
- 1 medium red pepper, cut into small strips
- 1 cup sliced carrots
- ¼ tsp. tarragon leaves
- ¼ tsp. lemon-pepper
- ½ cup frozen peas, thawed
- 1 cup milk
- 1 tbsp. flour
- 1½ cups shredded American cheese

Prepare Creamettes® Elbow Macaroni according to package directions; drain. In medium skillet, melt 2 tbsps. butter. Add chicken, bouillon and garlic; stir-fry until chicken is browned. Remove chicken. Add remaining butter and next six ingredients. Stir-fry 1 minute. Cover. Cook just until broccoli is tender. Stir in macaroni, chicken and peas. Heat through. Blend milk and flour; stir into macaroni mixture. Add cheese. Cook, stirring gently, until cheese melts. Refrigerate leftovers. Makes 4 servings. © 1988 Borden, Inc.



Doesn't Your Recipe Deserve Creamettes®?

kids

How to handle family fights

It's so frustrating when toddlers won't listen or teenagers fight back. The temptation is great to fall back on the old, unproductive strategies—extreme responses that trigger an explosion. Here are eighteen common family flare-ups, and some new and better ways to react to them. The two Harvard experts who've created this chart know all about family feuds. As the parents of three children, they have personal as well as professional experience in defusing blowups before war is declared

By Jeff Rubin, Ph.D., and Carol Rubin, Ph.D.

Jeff Rubin is professor of psychology at Tufts University and director of the Program on Negotiation at Harvard University. His wife, Carol, a clinical psychologist in family practice, also teaches at Harvard.

Excerpted from the book WHEN FAMILIES FIGHT, by Jeff Rubin, Ph.D., and Carol Rubin, Ph.D. To be published next next month by William Morrow & Co., Inc.

PROBLEM	COMMON RESPONSE	BETTER RESPONSE
Toddler to five		
HE WANTS TO SLEEP IN BED WITH YOU	An absolute no—you don't want to set a precedent; always giving in—you've let your child become the boss	**Make his room more attractive; allow him to spend some time with you and then send him back to his room; put him in his room with a story on a cassette; be consistent; be gentle but state the facts—say, "Kids sleep in their own beds"**
SHE'S TOO NOISY (TALKS TOO LOUD, TOO MUCH, INAPPROPRIATELY)	Confrontation ("be quiet or else"); tuning out; sending her to her room	**Be a good model—don't interrupt your children, and speak respectfully; make up a game to teach turn-taking in conversation; introduce the idea of quiet time (bonus: You get some privacy while she plays alone)**
DELAYED TOILET TRAINING	Worry; yell or scold; call her a baby; make bathroom into a battlefield	**Praise mature behavior in other areas; avoid humiliating her; respect her timetable—accept the idea that she controls her own body; protect her from other people's criticism**
FIGHTS BETWEEN SIBLINGS	Going after the louder, bigger sibling, calling the foul on the second offender; punishing both kids	**Try not to get angry; help them clarify their feelings ("you are both angry with each other"); introduce time-outs; avoid comparisons**
HE DOESN'T WANT TO STAY AT PRESCHOOL	Let him stay home—you feel sorry for him; coldly force him to stay there—he's got to do what you say	**Get teachers to involve him in a group or activity so you can leave quietly; let Daddy take him to school—kids don't protest as much when Daddy says good-bye**
OPPOSITIONAL BEHAVIOR ("NO, NO, NO")	Becoming paralyzed in a standoff; nagging; threats and punishments	**Children often say no even as they do what's required—they need a way to avoid losing face—so let them say no while gradually moving them toward the desired behavior**



Illustrations, Kerry Gavin

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- 1 can (14½ oz.) DEL MONTE® Original Style Stewed Tomatoes
- 1½ cups chicken broth
- 1¼ cups uncooked white rice
- 1 Tbsp. butter or margarine
- 2 tsp. chili powder
- ¾ tsp. oregano
- ½ tsp. garlic salt

In medium saucepan, combine all ingredients. Bring to boil; reduce heat. Cover and simmer 25 minutes or until rice is done. Garnish with green onions.
6 servings

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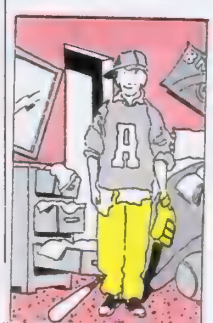
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kids

PROBLEM	COMMON RESPONSE	BETTER RESPONSE
Six through twelve		
HE WON'T DO HOMEWORK	Grounding; other punishments, such as no TV; criticism	**Make homework fun; praise for work well done and for showing interest; don't show worry; get involved daily**
KIDS DON'T HELP AROUND THE HOUSE	Nagging, humiliating kids in front of friends; ignoring problem—you avoid conflict, but you end up doing all the work	**Create a sense of family interdependence about chores; let kids choose their own chores and make up a schedule; divide chores into small, easily manageable tasks; be patient, but don't do it yourself**
SHE DOESN'T PRACTICE THE PIANO	Nag, yell; tell her she is letting you down	**Remember that she is not an extension of you; create a schedule she feels she can manage; reevaluate the activity—she may not really be interested**
HE'S ALWAYS LOSING THINGS	Nag, blame, induce guilt; threaten to take possessions away; make invidious comparisons ("look how careful your sister is")	**Remind gently—make sure your expectations are not too high for his level; involve him in purchases to teach the value of money**
SHE ACTS LAZY	Nag; accuse her of character flaws and make her feel worthless	**Children are rarely really lazy—if she seems lacking in energy, she may have a physical ailment or a psychological problem. Seek professional help**
HE WATCHES TOO MUCH TV	Rant and rave ("you're always in front of the TV"); ban TV; do nothing (easier to give in than argue over it)	**Provide more stimulating activities and help him develop other interests—TV is often an answer to general boredom**
thirteen through eighteen		
HER ROOM IS A MESS	Scold ("your room looks like a pigsty"); punish by withholding privileges	**If she's doing well in general, shut the door and forget it—kids need to assert autonomy somewhere**
HE ALWAYS WANTS TO USE THE CAR	Limit or forbid use of car; buy another car—overindulging to avoid conflict	**Establish rules about car availability, paying for gas, and so on; help him find safe alternate means of transportation and other means of expressing autonomy**
YOU HATE HER FRIENDS	Ban certain friends; bad-mouth them constantly; criticize her and blame her faults on friends	**Talk to her friends—you don't have to like them, but you should get to know them. Really bad-news friends (e.g., drug users) should be banned**
DRINKING AND DRUG USE	Yell about the law; preach about dead athletes; ground him or punish in other ways; serve beer to him and his friends, figuring it's safer if you know they're doing it at home; deny the problem	**Educate yourself about drugs and alcohol and the signs of drug use; share the information with your child; talk to his friends' parents and develop a united front; seek advice from school counselors or other professionals; *never* serve alcohol to minors**
SEXUAL ACTIVITY	Get angry and disgusted; act self-righteous; control her every move; deny situation and fail to deal with it	**Preaching won't help. To prevent disasters, you must provide a firm foundation of your own beliefs in the early years**
HE'S ISOLATED FROM FAMILY	Induce guilt ("you won't have us to kick around much longer"); retaliate by withdrawing	**Teenagers need autonomy, so give him space—nevertheless, insist on knowing where he is going; be open—don't withhold affection**



Illustrations, Kerry Gorvin.

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short story



HOME

Barbara and Rayburn are at a crossroads in their marriage. Which way will they turn? A new short story from one of America's finest writers

By Joyce Carol Oates

The marriage was riddled with hurt like buckshot, but they were determined not to acknowledge it.

Barbara and Rayburn were riding the waves in a tall old galleon of a house, three stories, peaks and cornices and a brave tarnished weathercock atilt on the highest roof. Eleven years before, being driven up the rutted driveway in the real estate agent's station wagon, Barbara had laid her hand on Rayburn's arm and said, "This is it." At first sight. Inside, the high-ceilinged rooms were so airy, so capacious, no one would have thought to call them drafty. And the three floors demanded to be filled: perfect for children, they agreed, though, at the time, they had none. So they bought the house with a mortgage and had, in startling succession, three children, a boy, two girls. And now we had better stop, Rayburn said, a little frightened. For when they quarreled, it was inevitably over the house; the enormous fact of the house. *Home*, as Rayburn was given to saying, in wonder and dread.

Now Barbara's sister Crystal, three years older than she but mysteriously younger, weaker, in need of solace, wanted her to come visit overnight: to talk about Crystal's problems with her husband, from whom she was separated. "You want to drive there alone?" Rayburn said, as if the idea were preposterous. "It's three hundred miles at least, and half the roads are unimproved." "It's more like two hundred miles," Barbara said, "and the roads are perfectly 'improved' and you know it." But he was off hunting up the AAA book of maps, whistling. Barbara called out to him, "The last time we drove any distance together we vowed we'd never do it again."

"But sweetie," Rayburn said, *(continued)*

Bob Wagner

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HOME
continued

leafing through the maps, "we didn't mean it."

He saw that the distance was closer to two hundred than three. Examining a map's venous little galaxy of roads, rivers and mountains never failed to arouse a childish sort of excitement in him; there was always something romantic about the prospect of a trip, as if leaving home invariably meant venturing into uncharted territory.

At first the drive went uneventfully enough, but then Rayburn could see at the horizon a gathering of that species of storm clouds weathermen like to call ominous. Rayburn said, as if it were still an issue between them, "It's a good thing you aren't making this drive alone, there's going to be a real storm."

Barbara said, "Honey, don't," and Rayburn said pleasantly, "I was only making a meteorological observation."

Forty minutes later the rain began, hammering on the windshield, the roof, the hood of the car; the entire sky had darkened with an apocalyptic burnished sheen. Beauty to pierce the heart. Rayburn was thinking how he and Barbara had been unfaithful to each other in turn, as if in reference to each other, though that hadn't seemed to have been the point at the time. He was thinking that he could not bear the love he felt for her and for the children, its terrible intensity, for which nothing in his previous life had prepared him: He was after all only thirty-one years old.

Rayburn was a lawyer, an assistant to the county prosecutor. He understood that his sense of the world was adversarial, at least questioning, interrogating, chipping away at, thus he made the effort, daily, hourly! to see the other side of things. He guessed that he would not like himself much if he did not inhabit his own skin and felt consequently a guilty shaky wondering gratitude to Barbara for loving him when there were others easier to love, and more deserving.

Rayburn felt an unreasoned fury overtake him. Swearing, complaining what an ill-advised trip this was, and would Crystal ever contemplate doing as much for Barbara?—absolutely not: The woman was wholly selfish, narcissistic, blind to others. His disapproval of her began, in fact, with her very name, that self-chosen silly name, for hadn't their parents called her something ordinary like Margaret? And when they'd first met, years ago, before Rayburn and Barbara were m
ried, Crystal had given him a look unmistakable sexual inquiry, if not pacity. What kind of woman would have like that with her sister's love

Barbara listened but did not reply. heard himself say in a hurt, an voice, an absurd voice, that Barbara wanted to make the drive alone for sheer pleasure of solitude, of gett away from him, and the children, home, not to make a telephone call secret—she was above that, pride vanity forbade that—but simply think, to dream, to brood, to rememb Barbara said sharply, "That's enou Rayburn. Stop."

Rayburn said, "Isn't it true? might not miss him, but you m thinking about him."

Barbara said, "We promised wouldn't do this."

"But isn't it true? Why not admit *I* admit it, why not you?" Rayburn sisted, not looking at her, his foot r ing heavy on the gas pedal as windshield wipers slapped frantic from side to side.

Barbara had begun to cry, and t too, Rayburn resented, the fact tha some point she seemed to have stop fighting back, resisting his moods, extravagant plunges, and this not l ago but within the year, the wor



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o'd once loved, or seemed to love, e edgy exhilarating tension between em, the play of wills that meant eir particular attraction for each ner, not sex, or not sex merely, and t even precisely love. Barbara said, wanted to go alone. I begged you. I ew this would happen," and Ray-rn protested, "You didn't beg me, n't be absurd," his voice rising, there's no one on earth you'd beg anything: not *you*."

"Then you don't know me."

"Then *I don't* know you—who are u?"

"We could finish it, now. Just turn e wheel. Drive the car off the road, ish it, no one would know."

t was the calmness in Barbara's ce, not her words, that shocked. "hat the hell are you talking about?" yburn asked.

"Do it. Go on and do it, why not."

"*You* do it! Why involve me! You n't need me!

Rayburn drove in silence for some les, then dared to look at Barbara: d seeing her look at him wondered if e'd been watching him, studying n for some time. Her eyes appeared larged as if engorged with tears, but e was not actively crying. "Why are u so angry?" Rayburn asked, hurt. ou know I've only been joking."

"So have I," Barbara said.

Crystal was rattled as if somehow she hadn't expected visitors, or hadn't expected them at that particular moment. At Rayburn's first sight of her he felt a pang of guilt: Crystal looked drawn, pale, defenseless, *sad*: as sad as a glamorous woman in her thirties can look and still qualify as glamorous. She'd bleached her hair bone-white and had it cut in sawtooth punkish style, a style much too young for her, and her face was lavishly made up. She was a tall, full-bodied woman in designer jeans and a black eyelet sweater. A model or actress, you might think, meeting Crystal for the first time, but, no, in fact she had a responsible position with a bank. She was no feathery-brained fool as she liked, particularly in the presence of men, to pretend.

The women soon withdrew to the kitchen to talk, to drink together (coffee for Barbara, beer for Crystal—"just one or two, no more") while Rayburn, sensing himself unwanted, went to the upstairs bedroom in which he and Barbara were to sleep that night. But he soon felt restless. He was drawn to the sisters downstairs, their voices lifting but their words teasing, undecipherable. What were they talking about? Only about Crystal's marriage, not of Barbara's? So, shamelessly, he joined them . . . accepted the can of beer Crystal readily offered, and asked with a smile if there wasn't something he could do to make himself useful. Household repairs, yardwork, that sort of thing—"God knows I get enough practice at home in that house of ours." He'd been on the verge of saying "that dump of ours," and he sensed how Barbara steeled herself in expectation. But he knew better. He was on his good behavior.

Crystal laughed in delight, as if Rayburn's offer was an oblique form of flirtation, which perhaps it was; asking, "Are you serious?—of course there are things that need doing with Jake gone now for almost a month."

His first task was hauling out weeks of accumulated trash to the curb. He fell into the rhythm of squatting, gripping, lifting, carrying; feeling with pleasure the tug and strain of his muscles. Leaves and other debris lay everywhere underfoot in Crystal's cramped yard. Maybe in the morning he'd clean it up a bit. Rayburn had yet to begin his cleanup work at home, but there he hadn't felt motivated.

Crystal's husband (whom Rayburn had met only once or twice) had not, as far as Rayburn knew, *(continued)*

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walked away from Crystal so much as been forced to leave. He was Crystal's third husband, and there were no children, and that, Rayburn thought, suffused with pity, was maybe the problem: Crystal, childless, seemed compelled to remain childish herself.

Sometimes in the night when he and Barbara couldn't sleep, one might whisper to the other, Can you imagine what it would be like, what we'd be like now, without them?—and the other, knowing always what "them" meant, would only say, No. I can't.

On his way back to the house, climbing the steps to the kitchen door, Rayburn stopped to watch the sisters inside, talking earnestly, it seemed almost passionately, in his absence. Ah, a voyeur's stab of excitement!—there was Barbara in a white cableknit sweater and flannel slacks, nodding sharply, smiling, frowning, and there was Crystal, cigarette burning in her fingers, talking, gesturing, exploding with nervous laughter like a fit of coughing, so much more flamboyant, so much more *living* than Barbara. By an accident of light or by way of her own furious emotion, she looked, in that instant, startlingly beautiful, young again and vulnerable. By contrast Barbara was muted, three years younger than Crystal but looking three years older, or more. She was an attractive woman clearly past the bloom of youth; but not much caring.

He burst into the kitchen noisy, unguilty, and the sisters glanced at him startled as if indeed they'd forgotten him. But Crystal, flirty Crystal, shifted her attention to him at once, and within seconds there was another beer in his hand, and he was being thanked for all he'd done in such a luxury of female gratitude his face burned. In the morning, he said, he'd do more work around the house. Barbara cut her eyes at him, but Crystal advanced upon him and flung her arms around his neck, "What a sweetheart you are," she cried, and though close up Rayburn saw tight lines at the corner of her eyes, and the coarseness of her pores through the lush pancake makeup, what the hell. Playful and rowdy as a cowboy in a television ad for beer, Rayburn scrunched her against him, the two of them staggering, tottering, screaming with laughter. Crystal's hot breath smelled of beer and craziness, and Rayburn was thinking, Just what we all need.

But the meal, finally set on the dining-room table at ten o'clock, was subdued, not entirely sober; and Rayburn's quick appraisal of Crystal, and of Barbara, too, allowed him know that there had been serious tal and tears. So he shifted his pleasant aching shoulders (he'd worked pa dark shoring up the sagging, rotti steps by the front door) and said seve al times how delicious was the foo spaghetti and meatballs and crus Italian bread, how delicious the r wine, too. From Crystal's hi-fi the came the surflike hypnotic monoto of that music called New Age, whi Rayburn detested. Eating, the siste talked of neutral subjects.

During the meal the telephone ra several times, but Crystal seemed n to hear. Rayburn glanced at Barba who shook her head just perceptib *don't push it* she seemed to sign while Crystal coolly ignored the pe sistent ring.

Crystal turned to Rayburn. S reached over and squeezed his hand both her hands. "I can't say how mu it means to me, you and Barbara bo coming down . . . when I know h busy you are, Rayburn, how petty th all must seem." Her eyes, searchi bloodshot . . . Rayburn wanted to lo away. He said, embarrassed, "Well it's the least I can do."

And then the telephone rang, a again Crystal ignored it, and Raybu said, an edge of impatience in h voice, "Would you like me to answ that, Crystal, and tell whoever it you aren't taking calls tonight?" Cr tal rose abruptly from the table as Rayburn's request were out of line; s said, shrugging, indifferent, "No—j leave it. He won't call after midnigh She went into the kitchen and beg running water noisily in the sink. A still the telephone rang.

Barbara frowned at Rayburn, keep him quiet, and said in an und tone, "I think she's afraid it isn't hi This way, she can't know."

Rayburn was moved by the disc sure. But for some reason—the somb damp cast of Barbara's eyes, perhap he couldn't resist turning it into a jo "Christ, the power we men have make you women unhappy!—and rarely, it seems, the reverse."

In the guest bedroom he and B bara were undressing by lar light, speaking in whispers. "Y look exhausted, honey," Rayburn s then, half accusingly, "what's going with her? And him?"

Barbara said, "Oh, honey, let's talk about it now, it's too depress and in a way too familiar."

"Too familiar?" he asked guiltily.

"My sister has been through t sort of thing before," Barbara s grimly. "Damn her." Rayburn standing by the bed in his T-shirt

norts—he rarely wore pajamas—as if aiting for Barbara to pull back the overs; as if, somehow, in this room, he adn't the right. As she lowered a lky-nylon nightgown over her head, e stared at her, her face temporarily eiled, her compact, settled, fully ma-ured body for an instant a stranger's ody: female. At this angle he could ot see, nor had any need to see, the rude caesarean scar on his wife's low-r abdomen, or the slight droop of her reasts, and in any case the nightgown ad fallen sinuously in place. *I love ou,"* Rayburn thought, *whoever you re*, but the words he uttered were artling and sudden: "I'm homesick."

It was true: he missed their own bed, heir drafty room, the sense of the chil-ren under the house's roof, *their* roof. limbing into bed, Barbara laughed at im. "Don't be silly—I saw you and my ster cavorting down there; singles ight at the local disco, it looked like." ayburn climbed in beside her, excit-d, partway forgiven, redeemed. He ipped his arms around Barbara and urmured how sorry he was about the ings he'd said in the car, of course he adn't meant them, and Barbara mur-ured a sleepy assent, and Rayburn lt a sudden sexual stirring, a jab of esire, seeing again the sisters rough the kitchen window in the warm light, *oblivious of him*. The woman who was his wife and had had his children, and the woman who was his sister-in-law, both infinitely mysterious. How happy he was, suddenly, in his maleness! Gently he began to make love to Barbara, but gently she rebuked him, for of course it wasn't the time, Crystal in the next room, and they were both exhausted, so in relief of a kind Rayburn contented himself with pressing his warm face against Barbara's and gripping her tight until she murmured, "Honey—that *hurts*," and Rayburn said, "It's meant to."

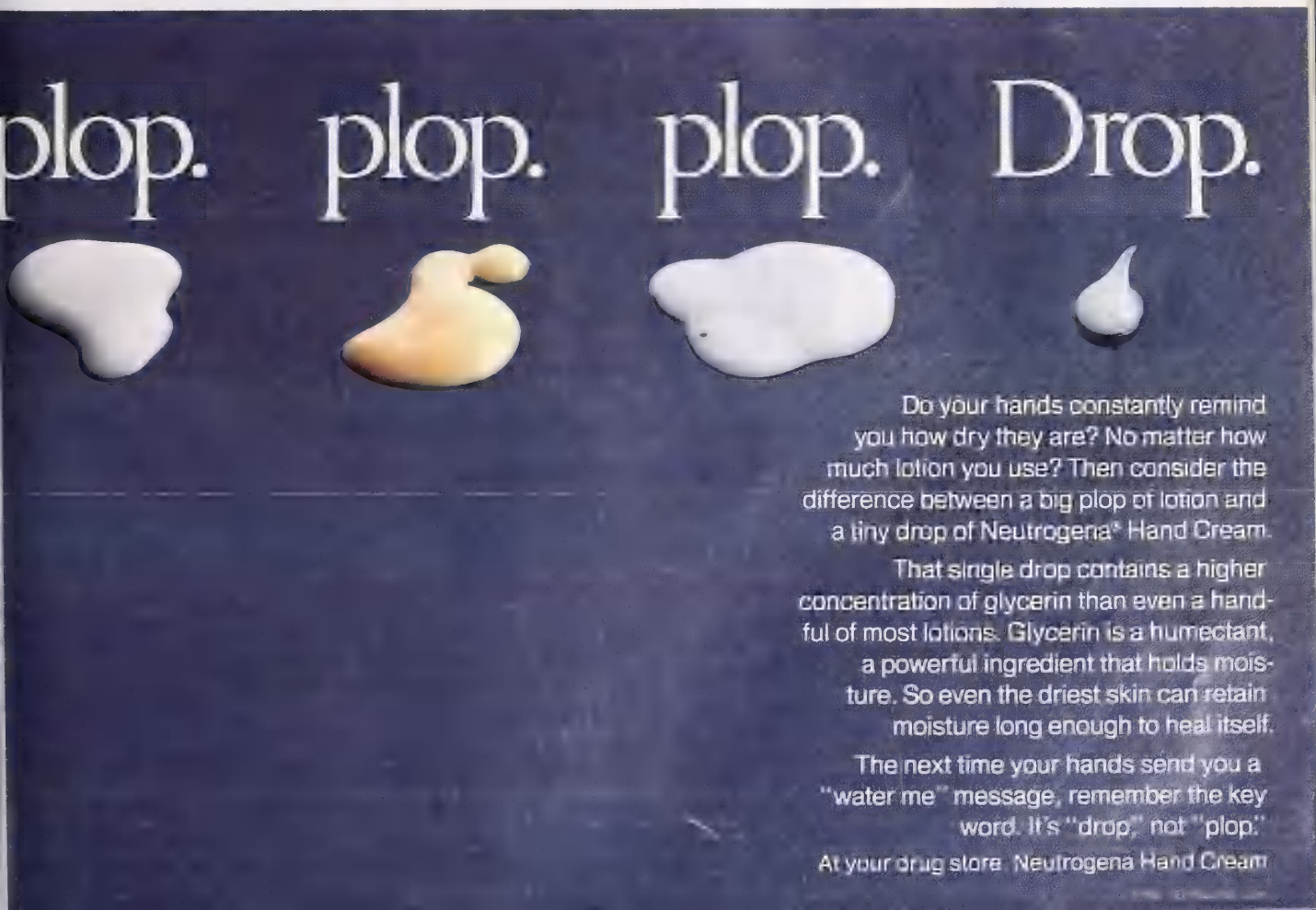
Next day when they said good-bye to Crystal, the three of them standing in the driveway, Crystal coatless, wearing only a sweater, hugging herself and shivering, Rayburn made the suggestion, perhaps tactlessly, that Crystal move out of the house, perhaps take an apartment, for a change of scene, and Crystal said, hurt, "But this is home—what if Jake comes home and I'm not here?"

First Barbara drove, and then Rayburn drove, and he felt the gravitational tug of all that awaited them at home, resolved and unresolved. The mood in the car was wayward, improvisational. Barbara told Rayburn some of the things Crystal told her, and Rayburn said, as if it had only now struck him, "How kind you were to her, though. How sweet, loving—I felt sort of privileged, to tell the truth, being a witness." Barbara glanced at him, embarrassed; said, as if to dispel his words, "*You* were the noble one, cleaning that yard all morning."

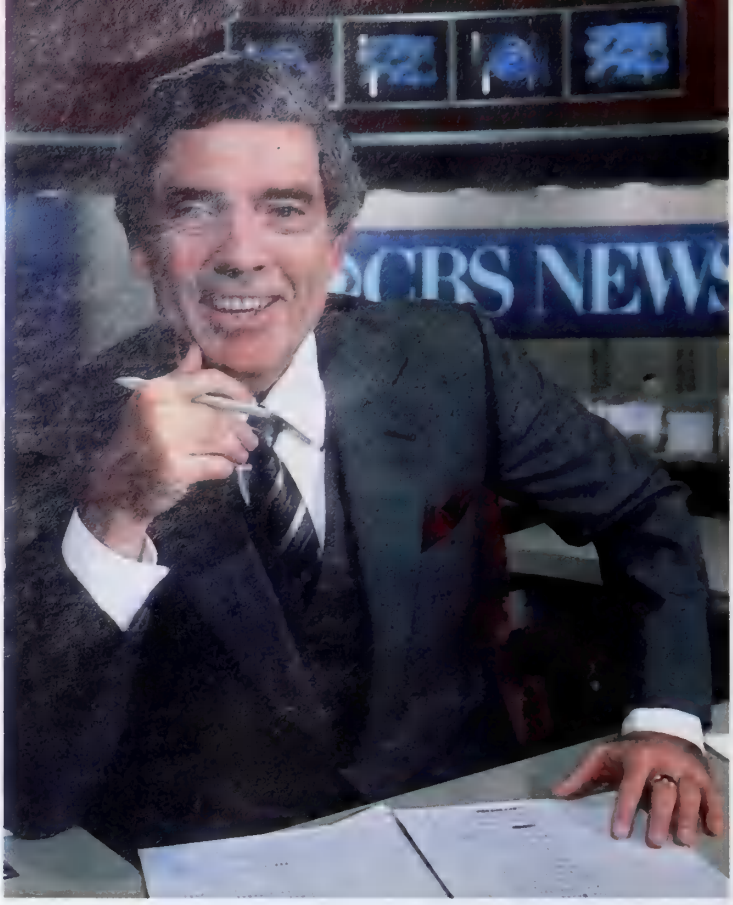
"I'd like to think I could be so patient with anyone, or so kind."

"Don't be silly," Barbara said. "You're a very kind man, you're impeccably kind." She paused, and Rayburn expected her to say, *That isn't the problem*, but, glancing down at the book in her lap, said nothing at all.

He drove in silence. He was thinking of Crystal, there in the driveway, hugging herself, shivering, speaking of that dreary rented house of hers as home, and something seemed to click into place like a lock, but he couldn't have said what it was, or why it seemed so inevitable. Blood rose up into his face; a pulse began to beat between his eyes; the words escaped from him as if without his volition: "But you do think of him sometimes, don't you? Goddamn you," as if they'd been calmly, even dispassionately quarreling, and Barbara, primed for the question, said, simply, "Never." And that was all, for the rest of the drive home. ■



celeb



The legendary Walter Cronkite has been a tough act to follow for anchorman Dan Rather at the *CBS Evening News.* He tells the *Journal* why in his first in-depth interview in more than a year

DAN RATHER'S difficult days

Surviving a year of criticism and controversy, CBS anchorman Dan Rather is more committed than ever to both his family and the news

By Jeff Rovin

It's like the old TV show *To Tell the Truth.* During the course of a day with Dan Rather, you meet three people, all of whom claim to be Dan Rather.

The first is the affable if somewhat rigid figure the public sees each night on the *CBS Evening News.* That one's a fake. The second is also an impostor, the man people meet in the street: This Dan Rather looks like Humphrey Bogart in *Casablanca,* his six-foot-two-inch frame hunched inside a trench coat, his movie-star-handsome features hidden behind a floppy fedora. He greets people in a low monotone, anxious *not* to be recognized. ("I'm somewhat awkward about the celebrity side of this business," he later admits. "It's my nature to be friendly, but people tend to want to discuss the issues, and if you do too much of that, you lose precious time for journalism.")

Then there's a third Dan Rather, the one who isn't performing or hiding. This one is a soft-spoken, scrupulously courteous, instantly likable fifty-seven-year-old family man whose greatest vice is "drinking enough coffee to float a horseshoe."

Rather can quote Tolstoy, Yeats or the Bible—a dog-eared copy of which is always *(continued)*

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(continued) handy in his office and is read with some frequency. He's a consummate professional with a novice's enthusiasm for the job. He'll go anywhere for a story, and he says that more than any other assignment, he desperately wants to be the first journalist in space.

This Dan Rather is also a man devoted to his wife of thirty-two years, the painter Jean Rather. He angrily dismisses gossip that he is a womanizer, claiming that such rumors are "not worth the dignity of an answer." He maintains that when it comes to sex, he hasn't "the temperament, time or ethical inclination" to seek it outside marriage. "People who know me, who really know me, know that I live by my word, and that includes the vows I took on my wedding day." He is so fiercely protective of their privacy that he has said little about his marriage in interviews—until now.

Unrelenting scrutiny

It's been over a year since Dan Rather has given an in-depth interview of any kind, since a string of public embarrassments left him "gun shy." There was a still-unexplained New York City mugging by a man asking Rather the curious question "Kenneth, what is the frequency?" There was the faux pas when the 1987 U.S. Open ran overtime and Rather, busy arguing with CBS Sports about getting off the air, didn't know the tennis match had ended, thus forcing the network to go black for six minutes. Then came a celebrated live interview with George Bush, which grew heated when the Vice-President reminded viewers of the tennis incident. There was even a mortifying advertisement for "Dump Dan" bumper stickers, which ran on the front page of *The New York Times*. This was followed by another ad, which asked, "Are you mad at Dan Rather?" and gave readers a toll-free number. Callers were provided with Rather's direct line at CBS and were told to complain about his alleged lack of patriotism. In this instance, at least, Rather managed to one-up his detractors: Anyone calling the office that day also got a recording—of "The Star-Spangled Banner."

"No, this has not been my best year," Rather says with a small smile and a slight Texas drawl. He's sitting on a leather sofa in his office, arm stretched along the back, necktie tightly knotted, wearing suspenders and a long-sleeved blue shirt. It's nine A.M., and he's just arrived at the office; he will be here until at least nine that night, as he is most days.

"I don't like to be inaccessible, but I was very frustrated when so many people thought I was becoming unglued. So few people seemed to realize that my primary concern was for the integrity of our news division and its broadcast, and since I wasn't able to convince people of that, I felt the best thing was simply to back off and concentrate on my work."

Rather sips coffee, then says thoughtfully, "Public criticism can be a brutal process. This is already a lonely business. You spend a lot of time on the road. A lot of time at work. And not only do we live in a glass house, but also, because of the vast audience for TV news, all the glass is magnifying glass. That can make life stressful. Look at poor Jessica Savitch. She obviously needed help, and she didn't get it. She needed straight talk about dealing with pressure, and she didn't get that either. You have to have a good support system on the job and at home, and a hide like a rhinoceros. If you don't develop one, you'll bleed to death."

An early nose for news

Rather spent years thickening his skin. Born in Wharton, Texas, the son of a ditchdigger and a waitress, he says, "I was lucky enough to have a father who was deeply interested in the news. I'd listen, fascinated with world events and how they were gathered and reported and reached our homes. I also spent a lot of time in the library. It was a joy. I was exposed to the gospel of learning, and it gave me an unquenchable thirst for knowledge."



"Even when I was worried about mortgage payments, I would spend money out-of-pocket to get a story."

Getting into a small teachers' college, Rather majored in journalism, spent time in the Marines, then went to Houston radio station KTRH. It was there that he met Jean, who worked as a secretary. (He says, laughing, "With the hours I worked, where *else* would I have met my future wife?") Shifting to television, Rather became anchor of the CBS Houston affiliate, KHOU-TV, and it was his coverage of Hurricane Carla in 1961 that earned him a national reputation. It also earned Rather the attention of CBS executives, who asked him to become a network correspondent.

While covering the civil-rights movement in the South, he was once beaten with a rifle butt, and on another occasion, he had a sawed-off shotgun pushed into his ribs. He probably would have been killed if a CBS employee hadn't broken Rather's own rule and been carrying a gun, which he used to force the assailant off.

He was in Dallas when President Kennedy was assassinated, and it was there that he became identified with the on-air rigidity that still gives him some trouble. While Rather often feels deeply about what he reports, he holds back because "if I ever let myself go, I won't be able to do what has to be done."

However, such detachment wasn't possible in Vietnam, where Rather went following a stint covering LBJ's White House.

"My own military service was short and undistinguished. Nothing to compare with what I was to cover. Here, I was under fire with the soldiers, bullets flying four inches over my head. I was scared and confused," he remembers.

Rather's next assignment was the Nixon White House, which was a revelation of a different kind.

"I had a small rabbit hutch of an office, but I never sat in it without a sense of awe and responsibility." He grins. "Sadly, not everyone in government shared my reverence for the office. There were a few of us who were following the Watergate story when it broke and were told to back off. But I came to realize then, and believe even more strongly now, that in our system, no citizen has to face any leader on bended knee."

As a result, Rather faced threatening calls late at

Globe Photos

night, people watching him from the shadows, and even prowlers rifling through his personal files. Though he admits having to fight fear and paranoia, he says, "I came out of that a much stronger and better journalist."

In 1975, Rather left the evening news beat to join *60 Minutes*, the highly successful news-magazine show. He relished being able to do stories in more than "ninety-second bursts." Rather's popularity on that program prompted the network to name him to succeed Walter Cronkite as the anchor of *CBS Evening News*.

"It's a good thing I love a challenge," he says, "because Walter is concerned and poised and has a wealth of inner integrity. To follow a man like that is both flattering and intimidating." The reported $2.5 million Rather is paid annually makes things easier, but he insists that money has never been as important as the quality of the work.

"Even when I was worried about making car or mortgage payments, I would spend money out-of-pocket to get a story and get it right," he says. "If there are two things I hate, really *hate*, it's being mediocre or being perceived as mediocre."

All work, no play?

Currently, Rather is beginning to feel as though "the cyclonic upheavals are not as distracting as they once were." He is happy with his work and with his team. He's particularly gratified that nearly half the producers at CBS are women. "I'm proud of that balance, which is unique to CBS News."

Indeed, if Dan Rather has a theme, a word to which he returns over and over, it's gratitude. He is grateful to be where he is and repeats several times how thankful he is that Jean was with him from the start.

"There were times when I should or could have been more sensitive to what Jean was going through. She was very lonely, especially when we were in Washington, and the stories I did lost us friends. But Jean did whatever needed to be done, and she did it with a sense of humor."

As it turns out, Rather is something of a fanatic when it comes to family: not just his own—he has a daughter, Robin, now thirty, who works for a TV company, and a son, Dan, twenty-eight, who is an assistant district attorney—but families in general. He goes so far as to describe "the return of the family as the breaking story of the 1990s.

"The thing I see happening is the swing back to the nuclear family—home and hearth, kith and kin. More and more, the women who went into the workplace are having children. And parents—which means single parents as well as couples—now must create a home and family environment. When all is said and done, praise and money and fame and glory and career don't matter as much as our children do. As much as our families do." He pauses, showing just a trace of defiance. "And if that gets me a reputation as a bleeding heart, I don't mind it."

In those rare moments when Rather relaxes, he reads, listens to symphonic music and opera, takes long walks in the woods and goes fishing.

However, he's quick to admit that he doesn't do as much of any of this as he should. "I asked Michael Dukakis what he does to relax, and he said, 'I'm glad you asked me that. I work.' Well—I work, too."

Rather says he'll never retire and could never be anything but a newsman—though, already the co-author of two best-selling nonfiction books (*The Palace Guard*, about the Nixon White House, and an autobiography, *The Camera Never Blinks*), he confides that he's also been thinking about writing a novel, one based on the life of a woman writer.

Still, when asked to be indulgent, to name one thing he'd like for himself above all, Rather smiles and says without hesitation, "That God gives me another day doing this job." ■



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the family guide to WINTER HEALTH



To help your entire family stay warm and healthy this winter, we consulted the experts at the American Academy of Family Physicians. Here is their best advice on eating right, staying toasty and giving winter health worries the cold shoulder

THE FOLLOWING FAMILY PHYSICIANS PARTICIPATED IN THIS REPORT:

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Special thanks to Bill DeLay, director, communications division, American Academy of Family Physicians

COLD COMFORT

A guide to winter ailments

Colds and flu remain the most widespread winter ailments, but there are many other illnesses that strike this time of year. Below is an alphabetical compendium of winter woes.

ALLERGIES

■ Allergies to dust and housemites (microscopic organisms that live in dust) are often at their worst during winter. Reason: We're indoors more, windows are closed and dust is trapped inside. If you develop mild, coldlike symptoms and they don't disappear within a week, suspect allergies as the source of your problem. A thorough housecleaning and antihistamine medication should bring relief.

ARTHRITIS

■ Cold weather and lowered barometric pressure can exacerbate arthritic pain. Wearing warm clothing—especially around the affected joints—and keeping the house extra-warm will help.

BRONCHIALITIS

■ This viral illness, usually seen in children under age one, is characterized by asthmalike coughing and wheezing. Sometimes affected infants are so short of breath that they have trouble breast-feeding or taking a bottle. Symptoms usually last three or four days; children are treated with bronchodilators (the same medicine often used to treat asthma), or both *(continued)*

By Beth Weinhouse

Dirk Lubrio/Stock Shop

winter health guide



CONTROVERSIAL VITAMIN

The controversy over whether vitamin C helps prevent colds is still going strong. Although there's no firm scientific data to prove there's an advantage to taking the vitamin, some experts believe it helps. And even doctors who remain skeptical generally have no objection if patients choose to take vitamin C. Aside from their possible cold-fighting benefit, vitamin C supplements seem to help curb the rise in cholesterol levels most people experience in winter.

(continued) cough medicine and a vaporizer. After one episode, children usually develop natural immunity.

BRONCHITIS

■ A swelling of the mucous membranes of the lungs characterized by a cough that produces sputum, fever and back pain, bronchitis is a possible complication of a cold or flu virus. Over-the-counter cough medicines should ease symptoms, but if you think you might have bronchitis, see a physician to determine whether you need antibiotic therapy.

COLDS

■ *Adults*: The average adult gets three to five colds a year—mostly in winter, of course! Symptoms include a runny, stuffy nose; head congestion; blocked or clogged ears; sneezing; a sore or scratchy throat; headache; muscle aches; and occasionally a moderate fever. Since colds are transmitted from person to person, one of the easiest ways to prevent them is to wash your hands frequently. Use a humidifier in your home and office, too; dry mucous membranes in the nose and throat are less effective at fighting off cold viruses.

■ Although there's *still* no cure for the common cold, experts recommend bed rest, plenty of fluids, and over-the-counter decongestants and painkillers such as acetaminophen, ibuprofen or aspirin to relieve symptoms until the body heals itself. Recovery usually occurs within a week. If the cold lasts longer, or if fever rises higher than 101°F., consult your doctor to rule out a sinus infection, bronchitis or pneumonia.

■ *Children*: The average child gets several more colds each year than Mom and Dad do. For one thing, kids haven't been exposed to as many viruses as grownups have, so they haven't developed the same level of immunity. Also, kids are notorious germ-spreaders, since they're less apt than adults to wash their hands often or to cover their mouths when they cough or sneeze.

■ The recommended treatment for children's colds is the same as for adults (but see the entry for Reye's syndrome). Kids' symptoms may last somewhat longer, however. Infants and toddlers can take up to two weeks to get over a cold; children aged four to eight may cough, sneeze and blow their noses for at least a week.

COLD SORES

■ Caused by a herpes virus—usually not the same one that causes genital herpes—cold sores often pop up when you have a cold or fever. They may also appear as a result of unaccustomed sun exposure—while skiing or during a mid-winter vacation, for example. Using sunblock on the lips when outdoors will help prevent blisters. If they emerge anyway, over-the-counter lip balms may help. Or ask your physician about the prescription medication acyclovir, which can speed healing and even help prevent further outbreaks.

CROUP

■ In most cases, croup—a viral illness that usually affects young children between the ages of three months and three years—is relatively benign. Symptoms include a dry, hacking cough, fever and a condition called stridor—an abnormal, high-pitched, musical breathing sound on inhalation that's due to a swollen larynx. Most of the time, cough medicine and a vaporizer will ease the symptoms.

■ There is a much less common type of croup caused by the H. influenza bacteria, which can cause epiglottitis—inflammation of the epiglottis, the cartilagelike structure that prevents food from entering the windpipe when swallowing. Symptoms include a swollen epiglottis, fever, sore throat, harsh breathing sounds and a croupy cough. The H. influenza vaccine can prevent H. flu epiglottitis. Ask your doctor about having your children vaccinated.

DRY SKIN, CHAPPED LIPS

■ Ordinary dry skin can be prevented and treated with moisturizers, lip balms, bath oils and using a room humidifier. Drinking lots of water may help, too, since dry skin may be partly due to internal dehydration. Don't wear wool right next to your skin—it absorbs natural body oils.

■ If your dry skin doesn't respond to simple remedies, you may have a more serious condition such as eczema, seborrhea or psoriasis—all of which tend to flare up during the winter months. Over-the-counter cortisone cream or lotion should be helpful. Or consult a *(continued)*



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(continued) physician for definitive diagnosis and treatment.

EAR INFECTIONS

■ In children, a common complication of colds or flu is a middle-ear infection called otitis media, the most common bacterial illness in children under age three. Very young children will often indicate their problem by pulling on their ear and whimpering. Pain often worsens at night, when the child's head is resting on one side. The condition is treated by physicians with antibiotics. In children who have chronic or recurrent ear infections, doctors will sometimes recommend that a drainage tube be placed in the ear to prevent future infections.

FLU

■ With winter comes the flu—a highly contagious viral infection. Flu symptoms may vary because viruses with different characteristics can be responsible for the epidemics each year. But the basic signs remain the same—tremendous tiredness, weakness or dizziness, and total malaise, possibly accompanied by sore throat, cough, fever, an upset stomach or diarrhea.

■ Though most adults feel much sicker when they have the flu than when they have a cold, treatment is the same: fluids, bed rest, over-the-counter painkillers, decongestants and cough medicines. If the flu seems to be getting better but then the fever rises again, a complication such as sinusitis, bronchitis or pneumonia may be responsible. Then it's time to see a physician, who may prescribe antibiotics.

FROSTBITE

■ Frostbite—frozen skin and tissue—can easily be prevented by wearing warm, protective clothing. It's important to note that frostbite doesn't occur only in subzero temperatures; if there's a strong wind or a lot of dampness, you can get frostbite when the temperature hits 20°F. or even 30°F.

■ Children who are reluctant to wear hats and mittens are at special risk for frostbite, as are joggers, who may feel so warm while exercising that they don't protect their hands or faces. Others at risk include the elderly, people taking beta-blocker drugs (which decrease blood flow to the skin), and those with atherosclerosis or systemic disorders like diabetes.

■ Frostbitten skin is hard, pale, cold and numb. As it starts to thaw, skin becomes red and painful. To treat frostbite, get the affected person indoors as soon as possible; warm the affected body part *gently* by covering it with blankets or immersing it in warm—not hot—water. *Never* rub snow on a frostbitten body part, despite the old adage. Medical attention should be sought as soon as possible to prevent gangrene.

HEART TROUBLE

■ Heart attacks and angina—cramping chest pain—are more common in the winter months, when the heart must pump harder to keep the body warm. In addition, when the body is cold, coronary blood vessels constrict, diminishing blood supply to the heart muscle. Therefore, if a person already has some degree of heart disease, being out in cold weather can make it worse.

■ Elderly people and anyone who is unaccustomed to physical activity or who has existing heart problems should certainly avoid overexertion in winter. The classic scenario of the middle-aged, overweight, sedentary man having a heart attack as he shovels his driveway often occurs, say experts, so those at risk should definitely find someone else to do the shoveling for them. To minimize inhalation of extremely cold air, it's smart to wrap a warm scarf around the face.

HYPOTHERMIA

■ Hypothermia is a dangerous lowering of the body's internal temperature. Anyone can develop hypothermia if she is in an extremely cold environment and isn't properly dressed, or becomes accidentally immersed in cold water (while boating or fishing, for example).

■ People with hypothermia may be found unconscious, or they may be shivering violently and talking incoherently. They should be taken to an emergency room as soon as possible and warmed slowly. If hypothermia is not promptly treated, it can lead to serious problems and even death.

LARYNGITIS

■ Since laryngitis is often caused by the same virus that gives kids croup, adults who spend a lot of time with children are most likely to get the disease. Laryngitis— *(continued)*



ALCOHOL: THE GREAT DECEIVER

A nip of brandy on a cold day may make you feel warmer, but feelings can be deceptive: Alcohol actually makes the body colder. Alcohol causes tiny blood vessels near the skin's surface to open up, creating a sensation of warmth. In fact, however, alcohol causes body temperature to drop. In addition, alcohol may make you sweat, and evaporating moisture causes heat loss. Have a cup of hot cocoa or soup if you crave a quick warmer-upper!

Gary Gralle/Image Bank

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DRUGS AND THE COLD

Many people are unaware that prescription medications can affect your ability to stand cold weather. Drugs for blood pressure, circulation problems and angina, as well as those taken to prevent strokes or coronaries, may cause blood vessels to dilate. Like alcohol, these drugs may create a feeling of warmth but actually cause heat loss by diverting blood away from internal organs. Check with your doctor about any medications you take.

(continued) inflammation of the vocal cords and the mucous membrane lining the larynx—causes hoarseness or temporary voice loss. Giving the voice a rest and taking cough suppressants are the only treatments, but the problem usually abates within a few days.

ORTHOPEDIC INJURIES (BROKEN BONES)

■ The most frequent injuries are broken ankles—from falls on icy streets—and knee injuries suffered by skiers. But it's the elderly who have the most to fear from winter falls, since their thinner or more brittle bones break more easily.

■ Elderly people—who are at special risk for hip fractures—should have someone else remove snow and ice around their homes, and make certain sidewalks and streets are clear before venturing out. In icy weather, it's smart to accept assistance when walking outdoors.

■ To prevent injuries, respect your limits as an athlete, keep walkways around your home free of snow and ice, and wear shoes with treads to better grasp slippery surfaces. Also check your shoes and boots periodically for worn soles and heels.

RAYNAUD'S DISEASE

■ Raynaud's disease is a circulatory disorder in which blood flow to the fingers, toes, ears and nose is sporadically interrupted. The hands or feet first turn white, then a dusky blue. As they recover, they become bright red and may feel tingly and numb, or painful. Eventually, prolonged poor blood supply can weaken the fingers and diminish the sense of touch.

■ In winter, people with Raynaud's should take precautions such as wearing warm, loose-fitting gloves and socks and avoiding stress—which can bring on symptoms—and smoking, which can further impair circulation. In more severe cases, treatment may require the use of mild tranquilizers, blood-vessel-widening drugs or even surgery.

REYE'S SYNDROME

■ This is a very serious childhood complication of a viral infection, usually flu or chicken pox. The cause is still unknown, but symptoms include vomiting, drowsiness, loss of consciousness and convulsions. Early recognition and treatment is essential, since Reye's syndrome can be fatal.

■ Research has linked Reye's syndrome to the use of aspirin to treat common childhood viruses. For this reason, physicians recommend that children be treated with acetaminophen when any kind of viral disorder is suspected.

SINUSITIS

■ Sinusitis is another fairly common complication of a cold or flu. If a cold or flu lingers longer than three or four days without any improvement and you develop pain under or around the eyes, or a thick, discolored nasal discharge and fever, you may have a sinus infection. A doctor will prescribe antibiotics.

SORE THROATS (INCLUDING STREP)

■ Most sore throats are caused by viruses, and the illnesses they cause are usually fairly mild; a scratchy throat is the predominant symptom. Over-the-counter lozenges can help relieve symptoms.

■ However, if a sore throat is accompanied by fever, headache, muscle aches and pains, swollen glands, white patches or coating on the tongue, suspect a bacterial infection such as strep. A throat culture will help make the diagnosis, and antibiotics can clear up the infection.

■ Scarlet fever, which used to be a much-feared complication of strep, is no longer a serious threat to children's health—as long as it is accurately diagnosed. When treated with penicillin, in fact, it is no more dangerous than ordinary strep throat.

STOMACH FLU (GASTROENTERITIS)

■ Viruses causing nausea, vomiting and diarrhea have been dubbed stomach flu. Like ordinary flu, stomach flu is passed from one person to the next. Unlike other flus, though, stomach bugs rarely last longer than forty-eight hours. Treatment usually means eating lightly and simply waiting a day or two until discomfort passes.

■ Complications may occur in small children or elderly patients, however, since they are at greater risk for becoming dehydrated. If a small child or elderly person can't replenish fluids orally, a physician should be consulted. These patients may need to be hospitalized and put on intravenous fluids until the virus passes.



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winter health guide

COLD-WEATHER BLUES

Fighting back against winter discontent

THE DAYS GET SHORTER, AND FOR MANY PEOPLE, MOODS GET BLEAKER. HERE'S A LOOK AT WHETHER THE PROBLEM IS A SIMPLE CASE OF THE WINTER DOLDRUMS OR A MORE SERIOUS SEASONAL DEPRESSION

CABIN FEVER

Women who stay home with children—especially mothers caring for their first baby—will often experience so-called cabin fever. If you're home with young children, consult your physician to learn how to dress them for even the coldest weather so you can continue to go outside on excursions together. Also, you should try to find a baby-sitter to watch your children for short periods of time. Getting out of the house by yourself for an hour or so can help alleviate cabin fever.



The elderly may also feel shut in. To maintain good spirits, they, too, should make an effort to get out of the house, even if that means simply playing cards with friends in the same apartment building or doing fitness walking at a shopping mall as a way to meet new people and stay in shape.

SEASONAL AFFECTIVE DISORDER (SAD)

This is a special kind of winter depression linked to the amount of light a person is exposed to. For reasons not yet clear, SAD affects women more often than men.

In affected individuals, winter's relative lack of bright sunlight causes chemical changes that may lead to depression. In some people, the pineal gland, a cone-shaped structure in the brain, responds to insufficient light by overproducing melatonin, a hormone that experts say brings on symptoms of SAD—fatigue, overeating, decreased sex drive, difficulties with concentration. SAD is distinguished from clinical depression by its seasonal nature—appearing with the onset of winter and abating in spring.

To treat SAD, most doctors concentrate on increasing the amount of light exposure patients receive. People with SAD often feel better if they take long walks at midday. In the office, powerful high-intensity lights or special full-spectrum fluorescent lights also appear to help.

Some doctors are also treating SAD with atenalol, a drug that stops melatonin production. One third to one half of SAD patients get better when they use this medicine seasonally, once a day.

KEEPING WARM An antifreeze guide

Why do women often feel colder than men? For one thing, women generally eat less than men, which means they have less fuel to turn into heat, and they tend to dress more lightly. What's more, women—especially those of reproductive age—have fewer body stores of iron, another cold-risk factor. However, there's plenty you can do to chase away the big chills.

IRON: A MUST-HAVE MINERAL

Recent studies indicate that people who are iron-deficient may feel the cold more acutely than others. Menstruating women, especially, may benefit from supplementing their iron stores. Most women are iron-deficient to some degree, especially those who attempt to control their cholesterol levels by eating less meat.

COLD-WEATHER CLOTHES

Dressing smart in winter means wearing lots of loose layers that trap warm air and allow you to add or subtract clothing as needed. The best cold-weather fabrics are either natural materials—cotton, silk, wool—or light thermal synthetics such as Goretex and Thinsulate. Avoid clothes with tight ankle and wrist cuffs, since they can restrict circulation to the extremities. To keep hands warm, choose mittens over gloves. Mittens expose less surface area to the cold and allow warm air to circulate inside them. And remember that essential winter wardrobe item: a hat. It's true that 50 percent of body heat can escape through the head.

STAY ACTIVE

Since physical activity generates heat, chopping wood in the yard, cross-country skiing or just taking a brisk walk will probably keep you warmer than sitting in front of the TV. And while outdoors, make every effort to avoid long periods of sitting or standing when your clothes are wet, since the combination of low temperature and dampness is a risk factor for hypothermia.

Seth Goltzer/The Stock Market



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PNEUMONIA everything you must know

Pneumonia doesn't strike only the over-sixty set; despite medical advances made against the disease, it remains a threat to people of all ages

By Fran Snyder

Evelyn's pneumonia developed in the wake of a forty-eight-hour flu and made her sicker than she'd ever been in her life. Her fever soared, she coughed until she choked, and every breath sent a jabbing pain through her chest.

Although she knew *something* was seriously wrong, she was shocked when her doctor diagnosed her disease. "I'd always thought pneumonia was like a heavy cold," she says. "It surprised me how devastating it was."

Her comment reveals how quickly we forget a potential threat. Who thinks about pneumonia anymore? Yet one should: Despite the many medical tools to fight it, pneumonia persists. Provisional data for 1987 ranks pneumonia and influenza combined as a grim sixth among American fatalities—high, considering the army of antibiotics and other treatments now available. In 1986—the latest year for which statistics are available—twenty-eight of every hundred thousand deaths were caused by pneumonia, according to the National Center for Health Statistics.

One thing many people don't realize is that pneumonia isn't just one disease; rather, it's a description of symptoms. "Any inflammation of the lungs is pneumonia," says Steven R. Mostow, M.D., chairman of the Prevention of Influenza and Pneumonia Committee of the American Thoracic Society.

Moreover, lung inflammation has more than thirty causes. It can occur as a result of damage to the lungs; for example, lung-cancer patients who receive radiotherapy may develop radiation pneumonia. Pneumonia may also be an allergic reaction; pigeon breeders and furriers can develop pneumonia as a result of heavy exposure to the substances they work with.

But most pneumonias are caused by bacteria, viruses or mycoplasma (organisms that are neither bacteria nor viruses but have characteristics of both). "Pneumonia-causing germs are all around us," says Frederick L. Ruben, M.D., professor of medicine at the University of Pittsburgh School of Medicine. Many of them, he says, live in our throats; others are airborne, and we inhale them when we breathe.

IT TAKES YOUR BREATH AWAY

Unlike a cold or flu, pneumonia impedes our ability to breathe. Our lungs are made up of a vast web of some three hundred million tiny air sacs called alveoli (pronounced al-VEE-uh-li), which inflate independently when they fill with air. When a person has pneumonia, the alveoli fill with pus. If the infection isn't stopped, the lungs may fill up entirely, becoming awash in fluid. Because of this, death from pneumonia is like drowning.

In people whose immune systems are intact, however, pneumonia is rarely fatal. Pneumonia may develop in healthy people whose immune systems are *temporarily* weakened by flu. People whose immune systems are *chronically* weakened—such as heavy smokers—are generally more vulnerable to all respiratory infections, including pneumonia.

Another group of people who are susceptible to pneumonia includes those *(continued)*

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There are many kinds of pneumonia, and they can all make you feel dreadful. But every case—no matter how mild—should be monitored by a doctor.

(continued) whose immune systems have been debilitated by chronic diseases like diabetes, sickle-cell anemia, heart disease, asthma, bronchitis and emphysema. People with AIDS or cancer, surgical patients and individuals undergoing organ transplants also fall into this category. And everyone's immune system weakens somewhat with age.

The fact that most of us are able to avoid contracting pneumonia most of the time is due to the body's extremely efficient defense system.

Our first line of defense is simple and direct: We cough, thereby expelling such unwanted debris as dust and pneumonia-causing germs.

Some germs, of course, are swallowed. Many are killed by the thin layer of acidic mucus that lines the upper respiratory tract; others die later, after coming into contact with stomach acids.

If these germs are not coughed out or killed, you may get sick.

Let's say someone sneezes near your face and the virus wafts into your nose. If you haven't been exposed to that particular virus and thus have no antibodies to protect you from it, it may attach itself to a cell in your upper respiratory tract. There, the virus can grow unimpeded, stripping away protective cilia—tiny, hairlike projections lining your upper respiratory tract.

WHITE CELLS TO THE RESCUE

If the body's initial defense strategies fail, a pneumonia-causing germ may manage to attach itself to a cell inside the lung. At this point, you've got pneumonia. There, the germs proliferate, attacking your body and bringing on nasty symptoms. While you probably *feel* dreadful, your body's white blood cells are getting ready to counterattack.

The first white blood cells to arrive in the lungs are called *macrophages*. "They look things over and decide the next step," says Mostow. If the invading germ is a virus, the macrophages summon other white blood cells called *monocytes*, which snuff the virus out. If the invader is a bacterium, the macrophages summon cells called *phagocytes*, which *eat* the bacterium, thereby killing it off.

If all goes well, the pneumonia patient soon starts to feel better. The young and vigorous may bounce back within a week; as we get older, however, it can take six weeks or more to recover completely.

THE MANY FACES OF PNEUMONIA

Doctors make a distinction between *community-acquired* and *hospital-acquired* pneumonias. Community-acquired pneumonias are contagious and may run through schools, offices, even entire neighborhoods. They can be mild or severe.

Hospital-acquired pneumonias take advantage of people whose immune systems are temporarily or chronically weakened. And as their name suggests, these pneumonias will most often strike hospital and nursing-home patients. Healthy people cannot catch hospital-acquired pneumonias.

Common forms of the disease are described below:

1. VIRAL PNEUMONIA

There are many pneumonia-causing viruses, and about half of *all* pneumonias are viral, according to the American Lung Association.

Viral pneumonias—which usually hit hardest in winter—are community-acquired and follow a bout of flu. Some are self-limiting, which means that like the common cold, they run their course. Others, however, can be severe, even fatal.

Viral pneumonia usually strikes the very young and the elderly and people with chronic respiratory or heart problems.

Symptoms include: headache, achiness, high fever and a dry cough. Within twelve to thirty-six hours, sufferers may experience shortness of breath, a chest rattle, wheezing, bluish lips and a cough that produces bloody sputum.

Treatment: Bed rest is the primary treatment for viral pneumonia. Viruses can damage lung tissues, making them vulnerable to bacterial infection. If bacterial infection occurs, antibiotics may be prescribed as part of the treatment. Vaccines are recommended for those vulnerable to flu infection.

2. BACTERIAL PNEUMONIA

Although it can strike at any age, bacterial pneumonia, which is also community-acquired, is especially common in the middle and later years, as the body's defenses begin to weaken. Often developing in the wake of an upper-respiratory infection, bacterial pneumonia tends to strike during the cold-weather months.

There are a number of bacterial pneumonias. They include:

- **Pneumococcal pneumonia** The most common bacterial pneumonia, it is also referred to as *lobar pneumonia,* because it usually involves one or more of the five segments—or lobes—of the lungs. Despite treatment, the mortality rate for *(continued)*

He's ready for Junior Strength Tylenol.



When your child gets too big for chewables, he's ready for the next step—Junior Strength Tylenol. You'll find it easier to give the right amount of medicine, because each Junior Strength Tylenol Caplet has the same pain and fever relief as two chewables.

And since they're so small and specially coated, they're really easy to swallow. Junior Strength Tylenol. For children 6 to 14, it's the next step.

When he outgrows chewables, he grows into Junior Strength Tylenol.

When you've got something good, you should spread it around.



You've tasted smoky salmon spread at fine and fancy parties. But you don't need to hire a caterer or chef to serve the same exquisite delicacy at your own festivities.

All you need is this simple secret: Alaska *canned* salmon. And our favorite recipe, which we're happy to share. Just one can makes enough for a big party.

But you might want to buy a spare. Because you'll have them eating out of your hand.

Alaska Canned Salmon

SMOKY ALASKA SALMON DIP

1	(15½ ounce) can Alaska salmon
2	(8 ounce) packages cream cheese, softened
1	tablespoon lemon juice
2	teaspoons horseradish
2	drops liquid smoke
½	cup green onions, thinly sliced

Drain salmon, reserve 2 tablespoons salmon liquid; flake and set aside. Combine and blend cream cheese, salmon liquid, lemon juice, horseradish and liquid smoke. Fold in salmon and green onions. Refrigerate until chilled to allow flavors to meld. Makes about 3 cups.

For additional recipes write: *Alaska Seafood Marketing Institute, Box 21527-LHJ, Juneau, Alaska 99802.*

PNEUMONIA
continued

umococcal pneumonia is between 5
7 percent—at least twenty-five
usand deaths annually.
ymptoms include: chills, high fe-
, chest pain, fatigue, shortness of
ath, a bluish cast to lips and nails
to a lack of oxygen, and rust- or
en-tinged sputum. Nausea, vomit-
and diarrhea may also be present.
reatment: Treatment with antibiot-
is essential. Senior citizens and
ple with chronic conditions such as
nma, bronchitis, emphysema, dia-
es and sickle cell anemia should be
cinated against pneumococcal
umonia.

flu pneumonia Symptomatically simi-
to pneumococcal pneumonia, H. flu
umonia usually affects the very old
the very young.
reatment: Antibiotics.

aerobic bacterial pneumonia This form of
umonia is common among heavy
kers and drinkers. That's because
ke damages cilia in the respiratory
ct, and alcohol slows the white-
od-cell response to infection, there-
making the body more vulnerable
neumonia germs.
ymptoms include: low-grade fever,
rtness of breath, rapid heartbeat,
bluish lips, a rattle in the chest and a cough that produces greenish, foul-smelling sputum.

Treatment: Antibiotics.

3. MYCOPLASMA PNEUMONIA

Sometimes called walking pneumonia, because patients may not feel sick enough to stay in bed, mycoplasma pneumonia is the most common community-acquired pneumonia among healthy young adults. Reason: Most of us have either had it or been exposed to it and developed antibodies against it by age thirty-five. It is caused by microscopic organisms called Mycoplasma pneumoniae and is highly contagious. Often, an X-ray is needed to make a positive diagnosis.

Symptoms include: a dry, hacking cough, headache, chills, muscle aches, fatigue and fever. Symptoms generally appear between nine and twelve days after infection sets in.

Treatment: Antibiotics, bed rest, a high-protein diet and plenty of fluids.

4. OTHER PNEUMONIAS

● **Pneumocystis carinii pneumonia** (P. carinii). One of the hospital-acquired pneumonias, P. carinii is a highly destructive parasite, though it afflicts *only* those whose immune systems are severely impaired.

P. carinii is a major killer of AIDS patients, whose immune systems are failing. Of the more than seventy-five thousand diagnosed AIDS patients, more than forty-one thousand (greater than 60 percent) have had P. carinii, according to Peter Drotman, M.D., medical epidemiologist with the AIDS program at the Centers for Disease Control in Atlanta. Other groups that tend to develop P. carinii include cancer patients undergoing chemotherapy and radiation therapy and organ-transplant patients, all of whom are customarily treated with medication that suppresses their immune defenses.

Treatment: Antibiotics.

SURVIVING FLU SEASON

As with any disease, the *best* way to deal with pneumonia is to prevent it in the first place. One way, particularly during winter, is to prevent flu, which often precedes pneumonia. "We're not doing enough about influenza," says Frederick Ruben. "In severe winters, some seventy thousand people die of the flu alone or of flu and pneumonia."

The flu vaccine immunizes people by introducing dead disease germs into their systems so they form antibodies to protect themselves. At present, fifteen million to twenty million Americans get flu vaccines each *(continued)*





PNEUMONIA
continued

year, says Ruben. "But we need to treat about eighty million," he says.

Who needs vaccinations? For starters, both those whose immune systems are weakened by a chronic health problem as well as the people who live with them. Other people who should be vaccinated include hospital and nursing-home patients and anyone over the age of sixty-five. However, because antibody production slacks off as we age, the vaccine is not as effective in the elderly. Therefore, anyone living with an elderly person should also be vaccinated to protect her older housemate from infection.

There is a vaccine for pneumococcal as well as viral pneumonia. Unlike flu shots, which must be administered each year, the pneumococcal vaccine is given just once in a lifetime. If you've never had it, says Ruben, ask your doctor about getting it in conjunction with a flu shot.

Ruben notes that an effective treatment for influenza A—which accounts for 90 percent of all cases of flu in the U.S.—is a drug called amantadine. It alleviates flu symptoms if given in the first forty-eight to seventy-two hours after onset; in addition, it can help reduce the spread of flu and subsequently of pneumonia.

Finally, maintain overall health by not smoking, eating a balanced diet, and getting regular exercise and adequate rest.

You can boost your baby's lung health by breast-feeding, since infants acquire some of their mothers' antibodies through breast milk.

If you have questions about lung health, call Lung Line at 800-222-LUNG Monday through Friday, eight A.M. to five P.M. mountain time; it's a public service offered by the National Jewish Center for Immunology and Respiratory Medicine, in Denver, Colorado. ■

FREE WINTER HEALTH INFO

Write for the following booklets:

Skin-care from Cetaphil
Owens Labs, Dept. T5-9, P.O. Box 6600, Ft. Worth, TX 76115

Twelve sandwiches under 200 calories
Roman Meal Co., Dept. RLS, P.O. Box 11126, Tacoma, WA 98411-0126. Send 25¢ to cover postage.

Tasty salmon recipes
Alaska Canned Salmon, P.O. Box 21527, Juneau, AK 99802

When to see a doct

Every case of pneumonia, no matter how mild, should be monitored by a physician. If you answer yes to any of the followi questions, it's time to see your doctor:

- Do you have a cough that activates or aggravates a bad headache?
- Do you have a cough that produces greenish or blood-ting sputum?
- Do you have a high fever?
- Are you short of breath, or d you have chest pain?
- Do you have a self-diagnose cold or flu that hasn't cleared up within a few days?
- Do you have any coldlike symptoms along with preexisting respiratory problems?

ENTERTAINING

GOOD SPIRITS

ing in the New Year
ith alcohol-free
arty cheer

SPARKLING GRAPE PUNCH

red grapes
white seedless grapes
bottle (40 oz.) white grape juice, well chilled
bottle (25.4 oz.) sparkling white grape juice, such as Catawba, well chilled
liter (33.8 oz.) sparkling water or seltzer, well chilled

ce grapes in a single layer in a metal pan. eze overnight.

ust before serving, combine juices and rkling water in large chilled bowl. Add zen grapes. Makes twelve 8-ounce serv-s, 130 calories each.

EGGNOG WITH ORANGE AND NUTMEG

large eggs, separated
tablespoons sugar, divided
cups milk
cup heavy or whipping cream
teaspoon grated orange peel
teaspoon vanilla extract
Pinch salt
Julienned orange peel and grated nutmeg, for garnish

small bowl beat egg yolks and 3 table-ons sugar until light and fluffy. In medium cepan scald milk and cream. Whisk some the milk into egg yolks, then whisk into aining milk. Cook, stirring constantly, r low heat until mixture lightly coats back spoon. (Do not boil, or mixture will cur-) Cool to room temperature, stirring fre-ntly. Add grated orange peel and vanilla. rigerate until cold.

ust before serving, beat egg whites with in small mixer bowl until soft peaks form. dually beat in remaining 3 tablespoons ar until stiff. Fold into cooled custard. ur into chilled punch bowl. Sprinkle top n julienned orange peel and grated nut-g. Makes eleven 4-ounce servings, 165 ories each.

GOOD SPIRITS: ALCOHOL-FREE DRINKS FOR EVERY OCCASION, by Marie es and Barbara Lagowski. Copyright © 1986 by Marie Simmons and Barbara ski. Reprinted by arrangement with New American Library.

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44 State Parks,
63 Bed & Breakfast Inns,
112 Miles Of Seashore,
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I would like additional information on the ☐ *Coast* ☐ *Mountains* ☐ *Historic Heartland* ☐ *Atlanta.*

Name _____

Address _____

City _____ *State* _____ *Zip* _____

Return to: GEORGIA, P.O. Box 1776,LJ01, Atlanta, GA 30301.

GEORGIA *on my mind*

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Ask for the Model 77. In-Sink-Erator's best value Performance Plus model features a powerful 3/4 HP motor, quiet operation and anti-jam automatic reversing. A solid 5-year warranty covers all parts, labor and in-home service.

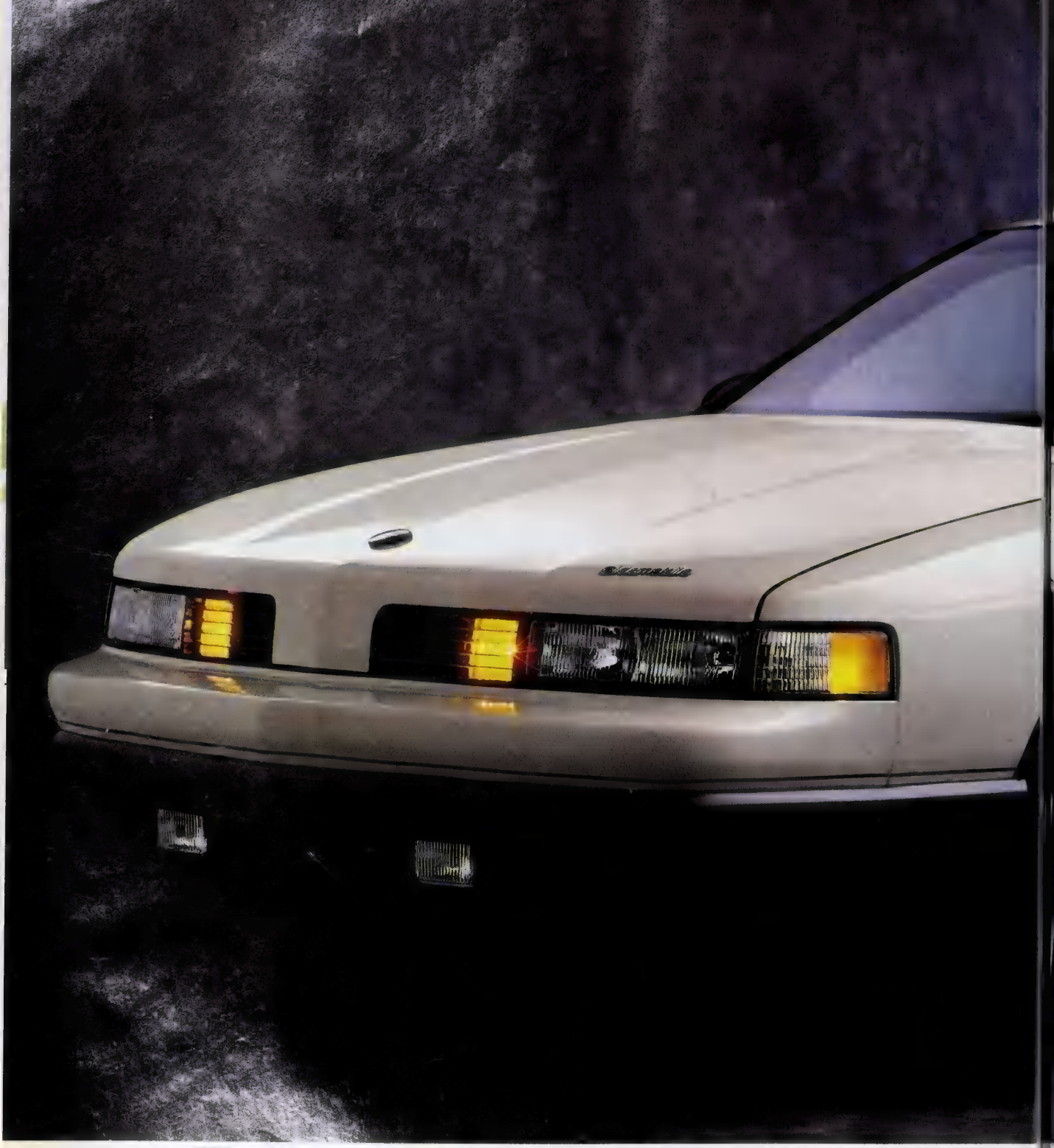
Proven quality and reliability. It's why 20 million homes have an In-Sink-Erator. Ask your dealer today for the Model 77.



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ISE

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Take a look at the car your l

Cutlass Supreme

Ordinarily, we wouldn't make such a bold prediction. But then, the 1989 Cutlass Supreme is anything but ordinary.

It is the product of five years of engineering and design, the result of over a million miles of testing. In the purest sense of the word, the Cutlass Supreme is a totally new Oldsmobile.®

Just look at it. The sleek The smooth shape. Styling tined to become the standa a new generation.

But advanced styling is only reason the Cutlass Sup

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Let's get it together
... buckle up.



ill be driving in the year 2000.

ad of its time. Front-wheel four-wheel independent nsion, power-assisted rack- nion steering and a 2.8-liter jected V6 assure it will stay for years down the road.

In the meantime, it gives the younger generation something to look forward to.

For more information, write: Oldsmobile Cutlass Supreme Catalog, P.O. Box 14238, Lansing, MI 48901. Better yet, visit your local dealer for a test drive.

The New Generation of OLDSMOBILE™

WOMEN GETTING AHEAD

By Shirley Sloan Fader

Big leagues vs. the minors

I am considering two job offers—one is with a small business; the other with a big prestige company. I haven't worked since I had my children, and the big company seems frightening to me. How do I choose?

A It depends on your job goals. If you'll be happy working permanently for small organizations, then choose small. However, if you hope to move to a large prestige employer, grab your chance.

When you're at an important organization, it's relatively easy to move to a smaller one. Employers at small companies usually are impressed by what they think you've learned in the large business, and they're eager to hire you.

But if your experience is "small time," you may have problems. Large companies often discount the value of your knowledge and seek employees who have gained training in a big organization.

That doesn't mean that if someone is already working at a small business, she should abandon her ideas of making a transition to a major employer. Many people do manage it. However, it's harder to go from small to large. So whenever you have the choice, seize the big-name offer. Even if it doesn't work out, once you have major-league background on your resumé, it will be a help whenever you change jobs.

Broken promises

I was hired as a marketing assistant. But after three months, I'm still doing routine clerical work. They say I misunderstood the job. Can I sue for a fraudulent job claim?

A Many people find themselves in predicaments like yours, but you can't sue. All you can do is protect yourself in the future. The same job title has widely different meanings in different organizations. During the interviews, be sure you get a rundown of what your specific job duties will be. The interviewer's description may not be detailed enough. You must meet your prospective supervisor—the one person who really knows what will be expected of you.

GOOD NEWS *for women*

IS THE BOSS A WOMAN? IT'S OKAY Only a few years ago, there was strong resistance toward women supervisors. Now a new national survey conducted by Adia Personnel Services reveals that the vast majority of people—both men and women—no longer care whether the boss is a male or a female. Nearly three people out of four said the boss's sex doesn't matter. At this rate, we'll soon be approaching acceptance of women in the upper corporate echelons.

MOVING UP IN THE RANKS More and more women are getting the promotions they deserve, according to a U.S. Department of Labor survey. These days almost two out of five—38 percent—of U.S. executives, managers and administrators are women. And the percentage is continuing to grow, says Shirley Dennis, director of the Department of Labor's Women's Bureau.

Good ideas, no success

I never have luck getting ideas approved at meetings. They're turned down before I really have a chance to explain them. How can I do better?

A A meeting is not the place to try to introduce, explain and convince colleagues about important new ideas. You do that beforehand by lobbying others with your plan on a one-to-one basis, soliciting their responses. Hearing others' objections first can help you adjust your proposal; advance approval makes your listener a partner. Then at the meeting you can present the plan as "our" idea, and that moves you a long way toward group acceptance. Other tips: Though people usually say they want new ideas, they are sometimes hesitant to hear them. It is easier to persuade others by stressing how your idea resembles past successful ones. Also, perhaps you need to work on your presentation skills. Be sure your speaking style is concise enough to get your point across effectively.



THERE WON'T BE A DRY EYE IN THE HOUSE

New Murine with Natural Tears Formula is so much better it's a far cry from the leading eyedrops. Now Murine is closer to your natural tears than any other leading eyedrop,* so you can soothe and moisturize dry, irritated eyes as often as you like.

*Only Murine with its Natural Tears Formula contains 6 of the 11 major ingredients found in natural tears.

Why settle for anything more?

Merit has everything you love about smoking.
And something less. Thanks to Enriched Flavor,™ Merit delivers the rich, rewarding taste and genuine satisfaction you enjoy in a cigarette. Yet it has even less tar than other leading lights. Less than Winston Lights. Less than Camel Lights. Less than Vantage. So if you want more taste without more tar, say nothing more than Merit.

Enriched Flavor,™ low tar. A solution with Merit.



SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

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Kings: 8 mg "tar," 0.6 mg nicotine av. per cigarette by FTC method.



Ladies' Home Journal
January 1989

LOVE STORY

Richard Burton's secret diaries tell with shocking candor of his great passion for Liz Taylor

Best-seller bonus

LOVE STORY

From their very first meeting, through their turbulent marriages, Elizabeth Taylor ignited in Richard Burton an obsession no one else could ever match. Throughout that time, Burton wrote a personal journal expressing his most intimate thoughts and feelings. After his death, his last wife, Sally Burton, permitted biographer Melvyn Bragg to publish the diaries. Here, in his own words, a powerful story of a man's love for a woman.



Eight years before their famous meeting on the set of "Cleopatra," Burton spotted Liz Taylor briefly.

"It was my first time in California and my first visit to a swank house. I was enjoying this small social triumph, but then a girl sitting on the other side of the pool lowered her book, took off her sunglasses and looked at me. She was so extraordinarily beautiful that I nearly laughed out loud.

She sipped her drink and went back to her book. I affected to become social with the others, but I had her under close observation.

She was unquestionably gorgeous. She was lavish. She was a dark, unyielding largesse. She was, in short, too bloody much, and not only that, she was totally ignoring me. I became frustrated almost to screaming when I had finished a well-received and humorous story and found that she was turned away in deep conversation with another woman."

When Burton came to Rome to play Antony to Taylor's Cleopatra, she was America's greatest and most controversial star. Fresh from *(continued on page 145)*

From the book RICHARD BURTON: A LIFE, published by Little, Brown & Co. Copyright © 1988 by Melvyn Bragg Ltd. and Sally Burton. IN THE NOTEBOOKS, JOURNALS AND LETTERS OF RICHARD BURTON Copyright © 1987 by Sally Burton.





Meet the winners of our competition: five women whose lives you'll be following for the next ten years

VOICES OF THE DECADE

The five *Journal* readers who will be making their voices heard over the next ten years; from left, Molly, Paulette, Dana, Diane and Anne

It isn't often that we can look inside other women's lives and find out what's *really* going on behind closed doors. But now, the *Journal* is giving the five special women shown here the opportunity to share with us, in annual interviews, their challenges, triumphs, setbacks and sorrows over the next ten years. This innovative oral-history project is called "Voices of the Decade," and the interviews that *LHJ* conducts will be placed in the Schlesinger Library of Radcliffe College as a resource for scholars. We'll also report on these women each year in our January issue. "Voices" may be the best record of women's lives during the 1990s.

Choosing the participants for such a significant project wasn't easy. How did we do it? Last June, we asked readers who wanted to be interviewed each year to write an essay about themselves. More than two thousand of you responded. We wish we could have published every story; in fact, it was so difficult to choose that we decided to name five winners instead of four, as we *(continued)*

Tom Arma



VOICES OF THE DECADE

(continued) originally intended. Our "Voices" winners are:

Dana Crone, who was raised in the suburbs and thought that a farmer was the last person she would marry. But she did, and now she wouldn't want to live anywhere but the country. *Molly Minnick*, a social worker, author and mother. She still finds time to relax, though—by going on a daily jog at six A.M. *Paulette Polley*, a business instructor and doctoral candidate. (Her husband, a physician, helps her unwind by giving her a massage before exams!) *Anne Weatherill*, married to an airline pilot who fought in Vietnam. They have two daughters—and a marauding cat named Josh. *Diane Perron Winschel*, a divorced mother, who began her career in 1978 as a junior accountant. Today, she designs computer systems for the Defense Department.

As you can see, our winners come from very different backgrounds. But all are articulate and successful, and in many ways all are typical of *Journal* readers. Here, in excerpts from their essays, they talk about their lives.

Dana Crone, 29
Eminence, Indiana

My husband, Jack, and I live on a farm way out in the country, in the house that once belonged to his great-grandfather. Although I didn't grow up in the country, farming is in my blood now. I see Jack planting the corn, and I share his fulfillment, knowing that we are part of this earth. But we never know if there will be a good harvest. This year we suffered from the drought, and we lived on the money from my part-time job as a hairdresser and Jack's government job checking on crop levels.





Dana and Jack with Ty, Molly and baby Casey (the family's youngest farmer)

In my life B.C. (Before Children), my goal was to be a famous hairdresser. But this is no longer important to me. As I watch the kids—Molly, seven, Ty, five, and Casey, one—grow up, I realize that I have indeed made my place in the world.

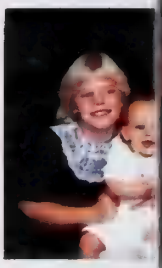
I don't know what the next ten years will bring. I'd like to be more secure financially and maybe have a hairdressing shop. But most of all I hope the good Lord allows us to remain farmers.

Molly Minnick, 29
East Lansing, Michigan



There are several words that com mind when I reflect on who I am. S days these words include *ambit patient* and *loving*. On other c though, such words as *tired*, *frustr* and *overworked* are more appropri

Dave and I have been marriec three years. At the time of our r riage, he was a single parent with custody of two small children. My as a parent to Brandon, twelve, Julie, nine, has been one of my gr est joys. On March 30, 1987, we shared another joy when our Andy was born.



Julie, a violinis and Brandon, Cub Scout, in rare moment quiet with thei brother, Andy

My husband is an extremely involved father, and although he is a fourth-year medical student, he never fails to be attentive to all of us.

As for myself, I'm a social worker at Michigan State University. I'm responsible for prenatal counseling for women, and I have a private practice, specializing in children whose parents are divorced.

Finally, I can't describe who I without saying how important sp are in my life. I'm a competitive ner, and I've participated in three athons and a dozen triathlons. Sp help me achieve a balance in my when I'm running or biking, it's or the few times I can be alone!

Of utmost importance to me is th am a loving parent. In the next years, we hope to have another c and we might leave Michigan for s small town, probably out West, w Dave can practice family medi But whatever happens, I'm loo forward to it as an adventure.



Paulette Polley, 39
Akron, Ohio

When others view me, they first see a black female. But I have other roles, too: I'm working on my doctorate in business administration at Kent State University while teaching at the University of Akron, and I'm a wife and mother.

My doctoral course ork has taken eight years, and I still ave two more years before I finish. ut I chose to go to school part-time so ould be with my children while they ere growing up. There have been def- ite benefits to my being a student. cole, eleven, and Alycia, eight, have own up thinking that reading, udying and exams are natural pas- nes. To have passed that on to them ves me joy, for education is the key r blacks to achieve parity.

The girls love the idea that I one day ll be Dr. Polley, like their father, illiam, a physician. Then, when peo- e call the house and ask to speak to . Polley, they can ask, "Which one?" Nicole and Alycia are two gems. otherhood has been a rewarding ex- rience, as well as the most impor- nt career path I have chosen.

William supports me in that effort, d in my other goals. Goodness ows, I couldn't have made it without m. If writing a term paper takes pri- ity over cooking, he understands—as ng as we have peanut butter, pre- rves and bread. It amazes me that I und a man who shares my values, ings me joy, and wants for me what I nt for myself. I love him so.

In ten years, I see myself as being t from under a lot of the responsibil- es I have now. Nicole will be gradu- ing college, and Alycia will be just arting. Hopefully, too, my husband's hedule will have slowed down—and e can begin courting again!

But for now, if I could just have my- lf cloned . . .



ycia (left) and Nicole take time out om a favorite activity, gardening



Anne Weatherill, 43
Clarkston, Washington

Getting married was the easy part. It's stalking the elusive happily-ever-after that's kept me on my toes.

I'm one of the first of the so-called baby boomers. Many people my age rejected war for peace, marriage for cohabitation and motherhood for career. Yet I and many other women chose the conventional path.

Now a mother of two daughters (Maryanne, twenty, and Christine, fifteen), I've been challenged intellectually by their curiosity and physically by their energy. I'm thankful to the women who hammered at prejudice and opened opportunities for my girls that I would not have dreamed of for myself. I hope I'm sending into the world two young ladies with compassion, common sense and self-esteem.



Jim, an airline pilot, likes barbecuing for his family when he's on the ground

Motherhood was my first career choice, but like most women I've found that a job outside the home is an economic necessity. Now I'm working on the campus of a local college, helping foreign students find housing, and I do editorial work for a nearby newspaper. But I still depend on my husband, Jim, who's an airline pilot, and being a heartbeat away from poverty bothers me.

I don't attend church, but faith plays an important part in my life. I take comfort in the belief that God will sort things out in the end. And my own legacy? It won't be a clean house. I'd settle for a clean soul and the hope that I've done more good than harm.

Diane Perron Winschel, 30
Herndon, Virginia

Divorced. Single mother. Those two statements describe my least successful attempt at discovering who I am, and my greatest success.

Born July 29, 1958, I'm the oldest of six children. We had a middle-class upbringing in a small community north of Boston. In 1978, I graduated with an associate's degree in business, and two years later my career took me to Phoenix, Arizona. There I met and married my husband, in 1982.



For me, the most striking realization about married life was that you couldn't come close to having it all. But my husband didn't understand why I couldn't help him with the economic burden and still have his dinner ready when he walked through the door at night.

I was infertile, but the tension between us probably made it easier for me to accept that. Then by some quirk of fate I managed to get pregnant, and I gave birth to my son, Sean, who's now three. Afterward, I finally decided to end my marriage.

In the meantime, my success at work did a lot for my self-esteem. I went to school at night and got a degree in computer science, then became a programmer and eventually a consultant, moving to Washington three years ago. Today, I earn seven times as much as I did when I began working full-time in 1978.

In the next ten years, I want to either move into upper management or become a full-time writer, I also hope that Sean and I will find someone with whom we can establish a loving, stable home—our refuge against the world.

We don't know what the year will bring for our Voices of the Decade, but we—and you—will find out next January. Will Dana and her husband have a better harvest? Will Diane be closer to becoming a full-time writer? We hope that in following these women's lives, and in seeing the similarities with your own, you'll feel as if your voice, too, is being heard.

Tom Arma

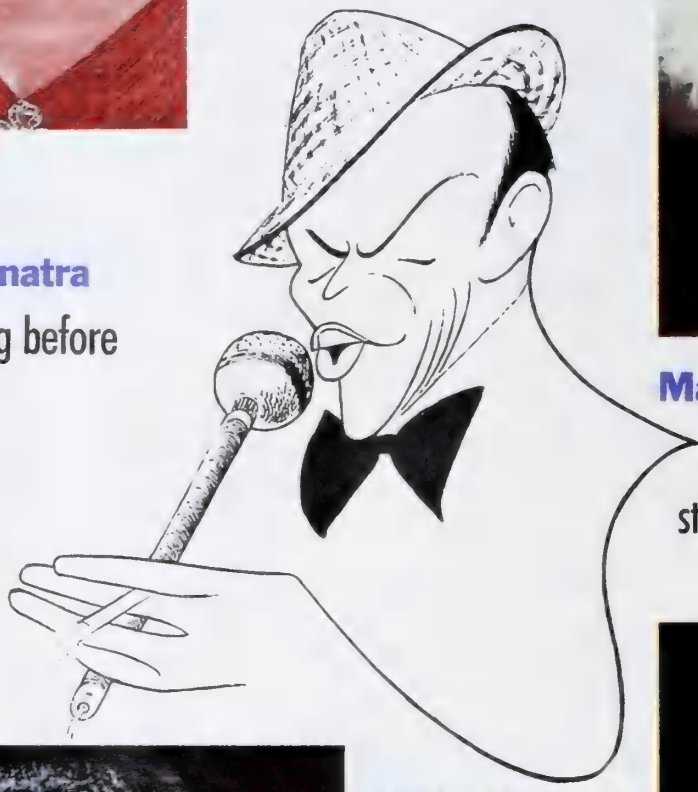


Barbara Walters
"The most insecure person I've ever known —besides myself."



Madonna "A kind of mutant from outer space—an absolute star, star, star."

Frank Sinatra
"He's fading before our eyes."





Michael Jackson
"A really creative person, but how dare they print anything as awful as his book, Moonwalk."



Kathleen Turner "Except for glimpses of it from Kathleen, who' got glamour anymore?"



LOOSE LIPS

Top gossip columnist Liz Smith gives you the real lowdown on your favorite celebrities. By Cliff Jahr

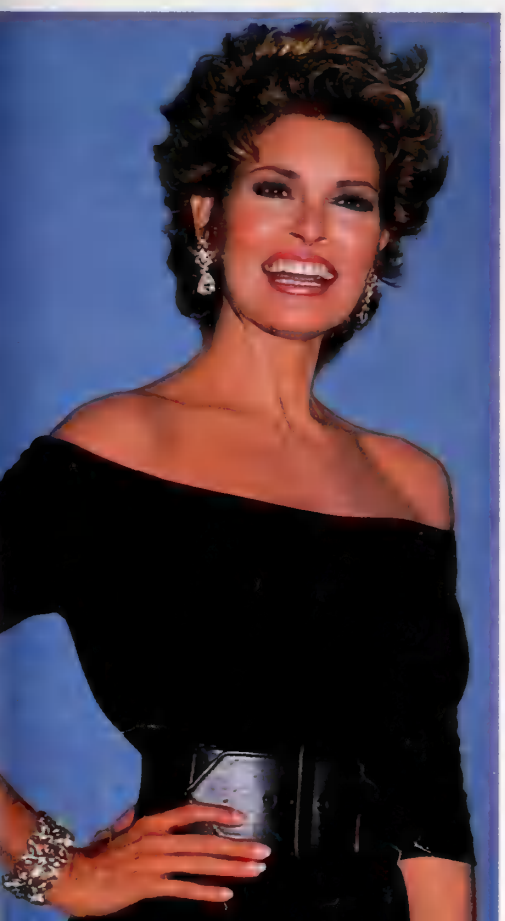


Jackie O.

"She proved that if you do something really vulgar to get a lot of money, but don't do anything really vulgar with it, you can enter the establishment."

arbra Streisand "A real
r who has decided not
behave or dress like one."

aquel Welch "Totally crazed."



She spends her nights with the richest, most famous and most powerful people in America, and she spends her days writing about what she's seen at their parties and dinners. She's got fifty million readers who eagerly scan her column for mentions of their favorite celebrities, and she's almost as well known—and influential—in Hollywood and New York as many of the people she writes about.

But, I ask Liz Smith, what's it *really* like to be America's number-one gossip columnist?

"Honey, it's like walking a tightrope," she says genially, her folksy Texas twang still evident after almost four decades in New York City. "If you disagree, in print, with anyone, they go nuts and try to kill you! Why do people get so inflamed about being mentioned in a mere *gossip column*?" Liz laughs.

This evening is a typical one for Liz. She's just left a party given by her tycoon pal Malcolm Forbes, on Rockefeller Center's sixty-fifth floor. Now she's sitting in the choice booth of a Broadway steak house, in the watchful way of a mother hen, keeping her eye on its well-known customers. Dressed in white linen, Liz looks like the media star she is: china-blue eyes, a

(continued)



LIZ TELLS ALL

Some no-holds-barred opinions, and some things you've never heard about America's top celebrities

(continued) honey-blond pageboy, teeth flashing in her famous smile. She's sixty-five but looks fiftyish, after two face-lifts.

In today's gossip world, why is Liz Smith top dog? One reason is her uniquely funny and generous way. She can—and does—issue tart opinions, but she seldom hints about the gnarled secrets of public people's private lives. As an insider, of course, she knows which of the famous are unfaithful, suffer from AIDS, abuse drugs or live in the closet. "But," she says, "unlike Hedda Hopper and Louella Parsons, I'm no guardian of morals.

"Gossip is a great medium of power and exchange," she adds, "but of course it can also shame people. I could use a lot more of the stuff I get, but I don't want to write terrible things that make people unhappy."

Surprisingly, Liz draws criticism for being too nice, and detractors sneered when she recently sent good wishes in print to a wedding couple, knowing that the world-famous groom is discreetly gay. "What should I do, accuse him?" Liz rejoins. "Besides, I don't think being gay is a bad thing."

She sighs. "Frankly, I have no firm lines to draw about behavior. When people say I'm either too nice or a bitch, the truth is that I'm really just trying to be interesting."

She doesn't have to try hard. During dinner, Liz offers her opinion on everyone from David Letterman ("one of the major sadists of our time—I'd rather face a firing squad than go on that show") to movie stars in general ("they don't really care about you, though they might try to take you to bed").

Her remarks seem pretty hardheaded, coming as they do from the Baptist-raised daughter of a cotton broker from Fort Worth, Texas. Like many Depression-era kids, Mary Elizabeth Smith grew up at the Saturday movies, attending the Tivoli Theater, where she worshiped her first role model, cowboy star Tom Mix. "Not his girlfriend, but *Tom*!" she hoots. "Pretty soon I wanted to be *both* Ginger Rogers and Fred Astaire—totally double-sexed, but Fred more than anybody."

After earning a journalism degree at the University of Texas in 1948, Liz wed an Air Force captain in New Mexico. The marriage lasted five years ("I was three years old emotionally," Liz says now), and then she went to New York, scrambling through a series of jobs that included stints as a writer at *Modern Screen* and an associate producer of Mike Wallace's CBS radio show. In 1959, she became a ghost-writing assistant to Igor Cassini, who did the Cholly Knickerbocker gossip column in the late New York *Journal-American*, a plum job that wedded real life to her Tivoli daydreams.

"I went to El Morocco every night for five years," she says wryly. "New York was still very glamorous then—black and white floors, satin dresses, men in dinner jackets."

In 1964, Liz turned to writing for magazines, including *LHJ*. She tried marriage again, this time with a travel *(continued)*



Barbara Walters



"The most pathetically insecure person I've ever known—besides myself. She's always saying things like, 'Oh, should I wear these earrings or those?' But she's risen above every fault and problem she has (and she has plenty of them), and I don't know anyone who is as great a friend to her friends. Barbara's this Sarah Lawrence girl from a nice Jewish family, and I have a hick background, yet we're almost like sisters. When I started the column, she made an entrée for me with a crowd that would never have accepted me otherwise."

Sylvester Stallone

"He has peaked. I don't know what he'll do next. He can't talk in movies. There's a saying, 'Anatomy is destiny,' and Sly is trapped in his incredible body. In real life, however, he's a nice, smart guy who can actually talk quite well."

Bette Midler

"The most happening star of the year—*weird*, not pretty, but a real person. The greatest talent, the best personality, the most realistic attitude."

Arnold Schwarzenegger

"I don't see Stallone, Paul Hogan or Chuck Norris going beyond macho movies—but Schwarzenegger will. Unlike Sly, who doesn't like being made fun of, Schwarzenegger knows he's a joke. He sees the humor in taking years to blow up his muscles."

Barbra Streisand

"People absolutely go berserk over her uniqueness, but she's a *(continued)*

Photos, clockwise from top left: Maria Robledo/Outline Press; Y. Homonchem/Stills/Retna; Andrea Laubach/Retna.

SWEET TALKER



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(continued) agent, but it ended in five years, and afterward Liz's energy went into social life. "I partied those years away," she recalls, "dancing, drinking, and having fun with my overactive hormones. I worked hard, but somehow I always screwed up and got fired."

Things fell into place for Liz in 1974, when she started therapy with a Manhattan psychiatrist. "A fabulous mother type," Liz notes. "She asked me, 'Why don't you believe you deserve success? You're a good person, fun, sweet, talented. You're just standing in your own way.'

"It finally clicked," Liz remembers. "I decided to put my own name on my work—nothing anonymous anymore." Sure enough, when the New York *Daily News* created a gossip column in 1976, they hired this self-confident new Liz. Her horse sense and good-ol'-gal style met with overnight acclaim.

These days, from the high-rise midtown apartment that she shares with two dachshunds, Liz commands a sublime view in her pursuit of trends and trivia. Her day begins with eight A.M. coffee as she skims six daily newspapers and scrounges around for notes she made while on the town the night before. By nine A.M., her two assistants arrive to take over five phone lines and open stacks of mail. And by one P.M., having typed the column, she writes the script for her thrice-weekly appearance on NBC's local news program, *Live at Five*.

"You may laugh," Liz says, shrugging, "but I am not a gossip. I go to lunches where people say terrible things about their best friends, and inside I yawn. I like *real* stories. The other day Barbara Walters told me she heard George Bush say to Jesse Jackson in private, 'Wouldn't you like to be on my ticket?,' and Jackson replied, without skipping a beat, 'Well, George, you're already so *used* to being Vice-President that that would be wonderful for me.'

"Now that's witty, revealing, not back-stabbing—a real story. It interests me more than whether Stallone is dating Cornelia Guest. I print that stuff, but I don't really care about it.

"It's a lousy time for gossip columns," she muses, sipping an espresso. "How can any column compete with the front-page stories of Gary Hart and Jim Bakker?"



If gossip isn't what it used to be, Liz points out that there are no real stars anymore either. "Name one romantic star today that thrills the way Gable, Stewart and Grant could," she says. "The closest you come are nice guys like Ted Danson and Tom Selleck, but I wouldn't walk across the room for any of them." What about Robert Redford? "I don't think seventeen people would go to see him," she remarks.

"Big names on the marquee have always been male, but men are obvious, while women can be more mysterious and arouse the curiosity that draws crowds. Still, the new crop of actresses all look alike to me. And except for glimpses of it in Kathleen Turner, who's got glamour anymore?"

It is two A.M., and one of America's power women realizes that it is past her regular bedtime. "M'God, look at the time," she gasps, getting to her feet and collecting the notes she needs for tomorrow's column. "I haven't been out this late since I was a debutante!" ■

(continued) great star who has decided not to be one. She won't behave or dress like a star and just never appears. She's not so much mysterious as she is *invisible*, and this has a negative effect, finally. Her talent is so great, though, that it overrides the crappy way she lets us see her offstage."

Frank Sinatra

[with whom Liz had a longtime feud] "He's fading before our eyes. The concerts draw crowds of people with shattered dreams. Someone arranged a four-hour meeting between us recently to try to defuse me, and it sort of worked. He couldn't have been more charming and fragile. He gave me his phone number and offered to help me with my charity work [Liz's favorite is Literacy Volunteers]. Of course, I didn't follow up on either."

Jacqueline Onassis

"It's fabulous how she's saved herself. After divorcing Onassis and getting $22 million, she began to look ridiculous as a woman who just shopped for clothes. But then she got smart, and for the last ten years has not shown up at more than two or three events a year. She works as an editor, and I think she stays home alone at night, reading manuscripts, or she sees her children and dines with Maurice Tempelsman [Jackie's constant escort]. She's done good books but dumb ones, too, like the Michael Jackson autobiography, *Moonwalk*. I admire her. She proved again that if you do something really vulgar to get a lot of money but don't do anything really vulgar with it, you can enter the establishment."

Michael Jackson

"Nice, intelligent, a really creative person, but how dare they print anything so awful as his book, *Moonwalk*. I don't know for sure that it was Mrs. Onassis's fault, but it reads at the level of 'See Dick and Jane run.' "

Raquel Welch

"Totally crazed. She says things like, 'Uh, what did you think about my last phone call?' "

The Princesses of Monaco

"Honey, that country is smaller than a pack of cigarettes, and you wouldn't care about their serene highnesses either if you ever saw them dancing in some club in Monte Carlo."

Madonna

"An absolute star, star, star—a kind of mutant from outer space. She is a product of vulgar and fabulous roots kids can identify with. They say, 'I can be Madonna, I can wear a bustier, look cheap.' Her talent is still a big question, but her charisma has no equal today. As for ambition, she makes Streisand look squishy."

Remy Le Morvan/Stills/Retna

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The striking profile of Cleopatra. Sculptured and minted. Showcased in a choker lavishly coated with 22 karat gold for unmistakable richness. And set with a cabochon lapis...the stone of the Pharaohs.

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Shown slightly enlarged to show detail.

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daily DE-AGING



how to have an ageless face

ow to take years off your looks every morning

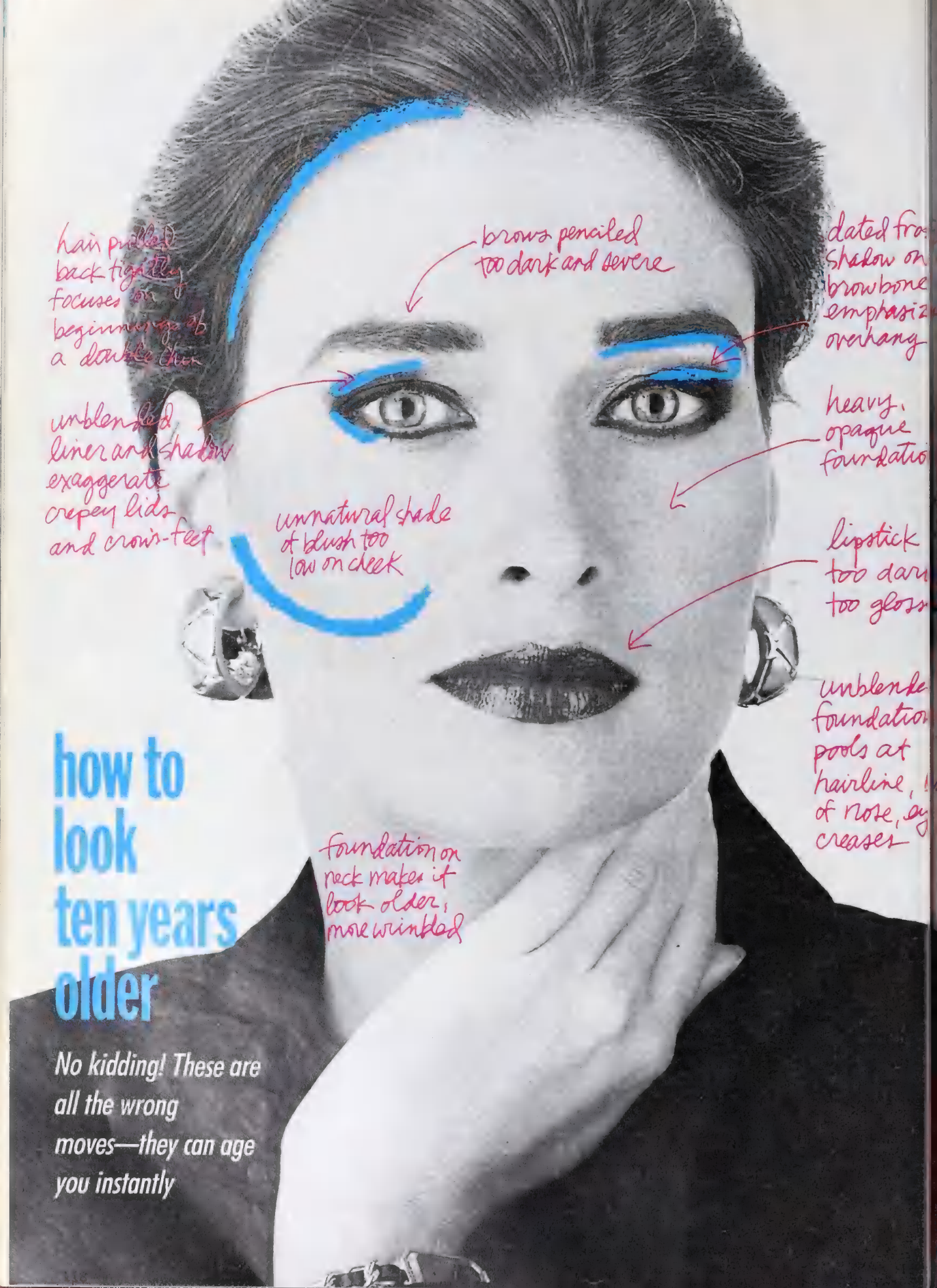


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per skin tricks

Smooth SPF 15 sun-
n every morning on
and age-telling areas:
, neck, backs of hands.
Even up skin texture,
note glow and stimu-
circulation by exfoli-
g with a gentle scrub.
Rely on a humidifier
e you sleep to up
's moisture level.
Sip six to eight glasses
ater daily.
Wear a moisturizer all
time. Let sink in ten
utes, blot, apply base.
Pat on an eye cream
ning and night.
Refine skin with a
e-a-week masque.
Never pull or rub skin.
face dry gently.
Cleanse and moistur-
neck twice a day from
arbone to chin.
Zap morning face
ses with moisturizer.
ve on about ten min-
while bathing. Blot.
se with cold water.
Give hands a weekly
al. Smooth on a facial
sque up to wrists or
k hands in warm olive
for ten minutes. Blot.
ow with hand cream.
Moisturize after every
wer while skin is damp.
more on heels, elbows,
es, feet. *(continued)*

By Lois Joy Johnson, Beauty and Fashion Editor


hair pulled back tightly focuses on beginnings of a double chin
brows pencaled too dark and severe
dated fro shadow on browbone emphasiz overhang
unblended liner and shadow exaggerate crepey lids and crow's-feet
heavy, opaque foundatio
unnatural shade of blush too low on cheek
lipstick too dar too gloss
unblende foundation pools at hairline, of nose, a creases
foundation on neck makes it look older, more wrinkled
how to look ten years older
No kidding! These are all the wrong moves—they can age you instantly



■ Exercise three to five times a week to fight flab and sag, have glowing skin and restful sleep.

■ Stabilize diet. Eat three healthy, low-fat meals a day. Keeps skin and hair shipshape.

■ Fight puffy eyes and bloat: Avoid before-bedtime fluids, salt, alcohol and caffeine.

Top makeup tips

■ Conceal a fleshy jawline by blending tawny blush just under chin from ear to ear.

■ Never apply foundation to neck. It's aging, it emphasizes creases and it stains clothing.

■ Match base to neck color. Test in daylight.

■ Choose a lightweight liquid base. The lightest are water-base, oil-free.

■ Put on foundation with a makeup sponge. Apply base to damp sponge. Use edge to blend around nose and hairline to eliminate pooling.

■ Camouflage any skin imperfections with concealer in a same-as-skin shade or slightly lighter.

■ Hide undereye bags and puffy lids by patting on a concealer that's one shade darker than skin.

■ Open up eyes with an eyelash curler. Follow with two to three coats of mascara.

■ Brighten tired eyes by rimming inner lower lids with light-blue pencil.

■ Bring eyes into focus by lining lids under upper lashes with brown pencil.

■ Brush brows up for a lush, natural look. Dab hair gel or brow-shaping gel on brow brush to keep brows in place.

(continued on page 144)



just JACKETS

today's essential wardrobe basic

Did you know that buying just one new piece can give your winter wardrobe all the pizzazz it needs? With updated colors, curvy contours and dashing details, jackets jazz up the clothes you already own. Just check out this season's tony toppers!

CROP TOP

A hotshot cropped ridin jacket in standout re like this one from Ann Klein II is an instar style upper. P.S. If short top isn't you, b on the lookout for longer body-shaped c in a high-voltage hu Newsy now: apple an poison green, fuchsi sapphire, bright yellov



CLASS ACT

Something old, something blue . . . the classic is back! Updated details —shiny gold buttons, low-notched lapels, a subtly tapered shape and longer length—make the favorite navy blazer even more versatile. Pair it with a skirt or trousers for office polish or jeans for casual but put-together weekend wear. Jacket in wool gabardine by Philippe Adec.



SHOW-OFF SHAPE

You probably have a black jacket in your closet, but not one with the contours of this wool-crepe number from Anne Klein. If your current black basic is boxy and oversize, replace it with a tapered shape that has smaller, rounder shoulder pads for a more feminine silhouette.



MAD FOR PLAID

Team a plaid, check or houndstooth jacket with a dark-colored skirt or pants, and you've got the perfect look for a pear-shape figure. Even without a patterned fabric, this broad-shouldered style—slim in the body and long enough to cover hips—is a flattering choice for every body. Jacket by Benetton.



Easy, elegant tailoring in a no-fail pale: a single-breasted jacket from Alcott & Andrews

FITTING PRETTY

DOES YOUR JACKET STACK UP? HERE, A BEFORE-YOU-BUY CHECKLIST TO DETERMINE JUST HOW WELL A JACKET SUITS YOUR BODY, YOUR BUDGET AND YOUR STYLE

Comfort cues

- Does it fit well? Are there any tight spots or pulling seams?
- Are there stress lines across the bust? Do the lapels gap? Do shoulders pull across the back?
- Can you move your arms easily? (Reach high and crisscross arms to test.)
- Does it "sit" well?
- Does it button comfortably?
- Does the fabric itch or chafe?

Flatter yourself

- Is the cut good for your figure?
- Does it help camouflage trouble spots—large hips, tummy, derriere, bust?
- Does the color enhance your skin tone, hair and eyes?

Style mileage

- Does it work with tops and bottoms you already own?
- Will the style last through more than one season?
- Does it work with skirts and pants, as well as dress up easily for evening wear?

Quick checks for quality

- Is this jacket constructed better than those you already own?
- Are seams well made? Are armholes and collars reinforced?
- Is it fully lined?
- Do the shoulder pads fall naturally in place on your shoulders?
- Are buttonholes smoothly finished and buttons securely sewn on? (Are extra buttons included? This is especially important if the buttons are unusual and would be hard to match.)

Read the tags

- Is it worth the price?
- What kind of care does it require?

elements of style

SUBDUED HUES **are the new neutrals—as mix-and-matchable as black and gray. Go for salmon, sand, blush pink, peach and pale yellow, and wear with a base of black, charcoal or navy. For the softest look, pair with white flannel.**

UNDERNEATH IT ALL **sport a lambswool or cotton turtleneck, a white cotton or denim shirt, a cashmere crewneck or polo-collared pullover.**

EVERY JACKET YOU OWN **should mesh with other pieces in your wardrobe to give you a suit look, a tailored trouser outfit and at least two skirt looks.**

STRETCH YOUR OPTIONS **from the bottom up. Why not opt for a sporty equestrian look? Jodhpurs are dandy perk-ups for cropped and long riding jackets, as well as tweedy plaids. What else works well below the belt? Wool walking shorts, a high-waist slim black skirt, Kate Hepburn trousers and a swingy pleated skirt—knee-length or just above—all give any jacket a trendy boost.**



THE FINISHING TOUCH

With savvy accessorizing you can change a jacket's image from classic to trendy, from sporty to feminine in an instant. For a quick color jolt, tuck a tiny bright scarf into the breast pocket or wrap a larger patterned scarf loosely around the neck. A silk flower pinned on a lapel and suede or leather gloves in a trendy color like pink or tangerine add fashion dash. For dressy, polished flair, accent a jacket with big tailored button-type earrings in pearl, gold or silver, a classic watch, a chunky, collarbone-length necklace, and a slim clutch or structured shoulder bag. For sporty style, try black sunglasses!

Photos, Bico Stupakoff; hair and makeup, Philippe Becker for Timothy Priano Inc.; model, left, Colette O'Connell of Ford Models; model, right, Danelle Scott of Click. Details, page 144.

A RING MADE FOR A PRINCESS



A stunning replica of Princess Diana's Engagement Ring



Shown above is Princess Diana wearing her engagement ring.



On February 24, 1981, Prince Charles presented Lady Diana Spencer with a magnificent gift of love – a sapphire and diamond engagement ring. Now, the Danbury Mint is pleased to announce *A Ring Made For A Princess* – an exquisite replica of Diana's world-famous ring.

Crafted in solid sterling silver, the replica ring features a large, Kashmir blue cubic zirconium surrounded by fourteen hand-set, fully-faceted, clear cubic zirconia. Even experts can have difficulty telling the difference in appearance between high quality zirconia and unaffordably expensive jewels, like those in Diana's real ring.

To add to the splendor, the ring comes in a satin-lined, velvet jewelry case and is accompanied by a serially numbered Certificate of Registration.

Act now to acquire the ring inspired by royal love! *A Ring Made For A Princess* is available from the Danbury Mint at the original issue price of $130 – payable in four monthly installments of just $32.50. It will not be available in stores. You need send no money now; simply return the Reservation Application.

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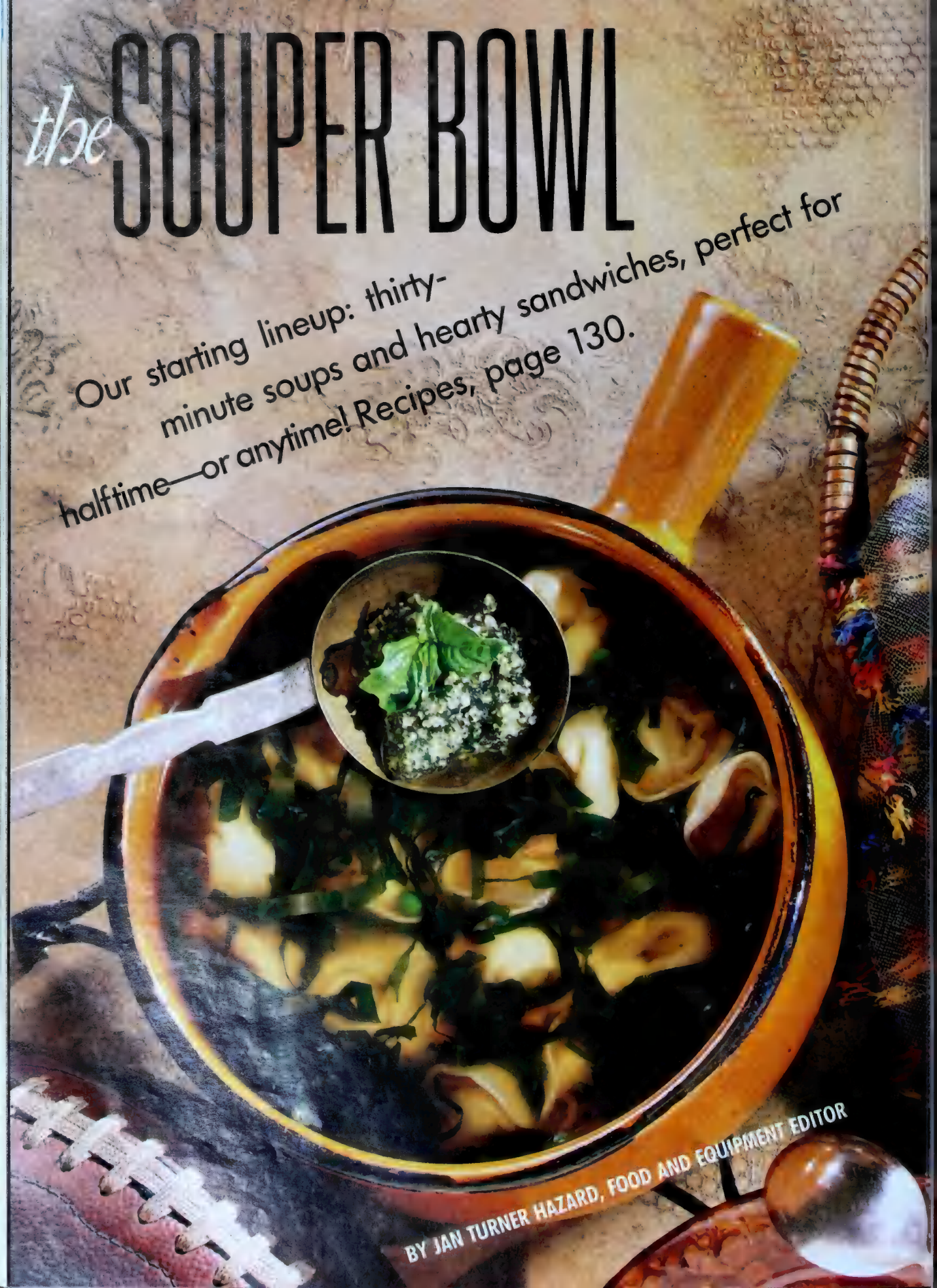
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C19

the SOUPER BOWL

Our starting lineup: thirty-minute soups and hearty sandwiches, perfect for halftime—or anytime! Recipes, page 130.



BY JAN TURNER HAZARD, FOOD AND EQUIPMENT EDITOR

Score extra points by serving up Speedy

llini Soup, spiced just right with a dollop of

pesto sauce. Our he-man Chicken-

Vegetable Sandwich, also dressed with pesto, is piled

high with julienned red

and yellow peppers, carrots and green onions



Mark Thomas; prop
Nancy Nicklin;
ylist, A.A. Bendlarano


DIVINE DESSERTS FROM FAMOUS CHEFS GO FROM FATTENING TO
Recipes for our fabulous dessert makeovers begin on page 132.
Sweet
CHEATS

GUILT-FREE: ALL THE RICH TASTE WITH ONE THIRD FEWER CALORIES



No-regrets Banana-Pecan Layer Cake

We trimmed the fat from Nancy Silverton's treat: confectioners'-sugar icing replaces caloric buttercream

Slimming Frozen Citrus Souffle

Oo-la-la! Jacques Pépin's masterpiece is lighter, more luscious, with less cream and liquor, egg whites instead of yolks

Figure-minded Marjolaine

Tasting is believing: Jim Dodge's delight is delicious with half the chocolate, half the cream

Best among its piers.



¼ cup sour cream
2 tablespoons prepared pesto
1 teaspoon fresh lemon juice
¼ teaspoon salt
½ each sweet red and yellow pepper, julienned
¼ cup julienned radish
¼ cup shredded carrot
1 green onion, julienned
4 chicken cutlets (about 8 oz.)
8 slices pumpernickel or black bread

In food processor puree chopped green onion, sour crea pesto, lemon juice and salt. Combine with sweet peppe radish, carrot and julienned green onion.

Spray large skillet with vegetable cooking spray a heat over medium-high heat. Add cutlets and sauté, tur ing once, until cooked through, 4 to 6 minutes. Place ea cutlet on slice of bread. Spoon vegetable mixture ov cutlets and top with remaining bread. Serve with Spee Tortellini Soup. Makes 4 servings.

Nutrition info per serving: 290 calories, 21 gm protein, 7 gm fat, 38 carbohydrates, 580 mg sodium, 41 mg cholesterol.

BLACK BEAN SOUP

Prep time: 10 minutes
Cooking time: 15 minutes

4 teaspoons vegetable oil
2 cups chopped onions
1 teaspoon minced garlic
¼ teaspoon cumin
¼ teaspoon crushed red pepper
2 cans (13¾ or 14½ oz. each) chicken broth
2 cans (15 oz. each) black beans, rinsed

■ SOUPER BOWL

continued from page 127

○ Easy ◒ Moderate ● Challenging Ⓜ Microwave

SPEEDY TORTELLINI SOUP

Prep time: 15 minutes ○
Cooking time: About 15 minutes

1 tablespoon olive oil
1 medium onion, chopped
½ cup diced carrot
2 teaspoons minced garlic
2 cans (13¾ or 14½ oz. each) chicken broth
4 ounces cheese tortellini
1 cup chopped escarole or spinach
½ cup frozen green peas
2 tablespoons freshly grated Parmesan cheese
2 tablespoons prepared pesto
Salt and freshly ground pepper

In large saucepan heat oil over medium heat. Add onion, carrot and garlic; cook, stirring frequently, until onion is translucent, about 3 minutes. Add chicken broth and bring to boil. Reduce heat and stir in tortellini. Simmer until tortellini is cooked, 5 to 8 minutes. Stir in escarole, peas, cheese, pesto, and salt and pepper to taste. Serve with Chicken-Vegetable Sandwich. Makes 4 servings.

Nutrition info per serving: 215 calories, 10 gm protein, 11 gm fat, 20 gm carbohydrates, 1,240 mg sodium, 4 mg cholesterol.

CHICKEN-VEGETABLE SANDWICH

Total prep time: 15 minutes ○

1 green onion, chopped



cup sour cream
lime slices

large saucepan heat oil over medi-
-high heat. Add onions and cook,
rring frequently, until translucent,
out 5 minutes. Add garlic, cumin
d pepper; cook 1 minute. Add chick-
broth and beans and bring to boil.
duce heat and simmer 10 minutes.
Puree soup in batches in blender.
heat if necessary. Ladle into soup
wls and top each serving with dollop
sour cream and lime slice. Serve
h Mexican BLT. Makes 4 servings.

rition info per serving: 325 calories, 16 gm
ein, 11 gm fat, 43 gm carbohydrates, 1,849 mg
um, 6 mg cholesterol.

ICAN BLT

l prep time: 20 minutes ○

cups chopped cherry tomatoes
cup cilantro sprigs
cup finely chopped onion
teaspoon salt
English muffins, split and toasted
cup mayonnaise
slices bacon, cooked crisp and halved
cup shredded pepper jack cheese

eheat broiler. In medium bowl com-
e tomatoes, cilantro, onion and salt.
Spread muffins with mayonnaise
d arrange on cookie sheet. Top with
nato mixture, bacon and cheese.
Broil until cheese melts. Serve with Black Bean Soup. Makes 4 servings.

Nutrition info per serving: 420 calories, 16 gm protein, 27 gm fat, 30 gm carbohydrates, 862 mg sodium, 44 mg cholesterol.

CREAM OF PEA SOUP

Prep time: 15 minutes ○
Cooking time: 15 minutes

2 tablespoons butter or margarine
2 cups chopped onions
¼ teaspoon thyme
2 cans (13¾ or 14½ oz. each) chicken broth
1 package (20 oz.) frozen green peas
¼ teaspoon salt
½ teaspoon freshly ground pepper
½ cup heavy or whipping cream
4 ounces ham, diced
2 green onions, sliced

In large saucepan melt butter or margarine over medium-high heat. Add onions and thyme and cook, stirring frequently, about 5 minutes. Stir in chicken broth, peas, salt and pepper and bring to boil. Reduce heat and simmer 10 minutes.

Puree soup in batches in blender and return to saucepan. Strain through sieve for smooth soup. Stir in cream and heat through, stirring frequently. Ladle into soup bowls and top with ham and green onions. Serve with Neptune Melt. Makes 4 servings.

Nutrition info per serving: 375 calories, 16 gm protein, 23 gm fat, 29 gm carbohydrates, 1,762 mg sodium, 72 mg cholesterol.

NEPTUNE MELT

Total prep time: 10 minutes ○

2 tablespoons mayonnaise
2 tablespoons sour cream
1 tablespoon fresh lemon juice
¼ teaspoon freshly ground pepper
¼ teaspoon dillweed
6 ounces cooked shrimp, chopped, or imitation crabmeat, shredded
¾ cup diced celery
1 loaf Italian bread (about 15 inches), split and toasted
1 cup shredded dill Havarti cheese

Preheat broiler. In medium bowl combine mayonnaise, sour cream, lemon juice, pepper and dill. Stir in seafood and celery. Spread evenly on cut sides of bread and place open-face on cookie sheet. Sprinkle with cheese. Broil 4 inches from heat until cheese melts, about 3 minutes. Serve with Cream of Pea Soup. Makes 4 servings.

Nutrition info per serving: 545 calories, 31 gm protein, 16 gm fat, 67 gm carbohydrates, 928 mg sodium, 145 mg cholesterol.

Recipes developed by Kathy Jackette and Lisa Brainerd. ■

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1987 Idaho Potato Commission

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recipe index

*Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. (*Includes microwave instructions)*

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SWEET CHEATS

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Easy ● Challenging ◒ Moderate Ⓜ Microwave

FIGURE-MINDED MARJOLAINE

pictured on page 129

Ah, meringue layers filled with coffee and chocolate butter creams, then frozen. Elaborate, and worth it.

Prep time: 1½ hours plus freezing ●
Baking time: 2 hours

Meringue

- ½ cup ground toasted hazelnuts
- 1 teaspoon cornstarch
- 6 large egg whites, at room temperature
- 1 cup plus 2 tablespoons sugar
- Pinch salt

Filling

- 2½ ounces (2½ squares) semisweet chocolate
- ¼ cup low-fat (2%) milk
- 1 teaspoon unflavored gelatin
- 2 tablespoons cold water
- 1½ cups heavy or whipping cream
- 3 large egg whites, at room temperature
- Pinch salt
- 2 tablespoons sugar
- 2 teaspoons instant coffee powder
- 1 teaspoon boiling water
- 4 hazelnuts, halved

Cut parchment paper to fit large cookie sheet. With pencil draw three 16x3-inch rectangles evenly spaced on paper and place on cookie sheet.

Meringue: Preheat oven to 225°F. In small bowl combine hazelnuts and cornstarch. In top of double boiler whisk egg whites, sugar and salt over simmering water until barely warm, about 3 minutes. Transfer to mixer bowl and beat at high speed until peaks are soft, thick and glossy. Sprinkle nut mixture over meringue and gently fold together with rubber spatula. Spoon meringue into pastry bag fitted with #6 (½ inch) plain tip. Pipe to outline each drawn rectangle, then fill in, piping long lines of meringue close together. Bake 2 hours, until firm to the touch. Cool completely on cookie sheet.

Filling: Meanwhile, finely chop 2 ounces chocolate and finely grate remaining ½ ounce. In small saucepan bring milk to boil. Remove from heat. Add chopped chocolate and stir until melted. Refrigerate until cold.

In small saucepan sprinkle gelatin over cold water; let stand 5 minutes. Heat over low heat until completely dissolved. Cool slightly. In mixer bowl beat cream until frothy. Beat in gelatin in thin, steady stream; continue beating until peaks are stiff.

In another mixer bowl beat egg whites and salt at medium speed until foamy. Gradually beat in sugar; continue beating until peaks are stiff but not dry. Fold into cream mixture.

Measure 2 cups cream mixture and transfer to mixer bowl. Add chocolate mixture and stir gently until blended. Measure ½ cup cream mixture into second bowl. Dissolve instant coffee in boiling water and cool; stir gently into remaining cream mixture. Cover all bowls and refrigerate 20 minutes.

To assemble, carefully remove meringues from paper. (If any meringue break, press back together.) Line cookie sheet with foil. Place 1 meringue smooth side down, on foil and spread with chocolate cream. Top with second meringue, smooth side down, and gently press into cream. Spread 2 cups of the coffee cream over top. Add last meringue, smooth side down, and gently press. Freeze 30 minutes. Spread remaining coffee cream in thin layer over sides. Press reserved grated chocolate onto coffee cream on 2 long sides (not ends). Freeze until cream is frozen, 2 to 3 hours. Keep plain cream refrigerated for garnish.

To serve, cut marjolaine crosswise into 8 slices. Dollop plain cream on each slice and top with hazelnut half. Makes 8 servings.

Nutrition info per serving: 375 calories, 7 gm protein, 24 gm fat, 38 gm carbohydrates, 111 mg sodium, 62 mg cholesterol.

NO-REGRETS BANANA-PECAN LAYER CAKE

pictured on page 129

Slightly reminiscent of banana bread, this tender, sophisticated cake is rich, frosted and adorned with almonds.

Prep time: 1½ hours plus cooling
Baking time: 30 to 35 minutes

- 1 cup all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 ripe large banana, mashed
- 2 large egg yolks
- 3 tablespoons low-fat (2%) milk
- ¼ teaspoon maple extract
- 6 tablespoons unsalted butter, softened
- ⅓ cup firmly packed dark brown sugar
- ⅓ cup mixed pecans and hazelnuts, toasted chopped
- 1 ounce (1 square) bittersweet or semisweet chocolate, chopped
- 6 large egg whites
- 2 tablespoons granulated sugar

Frosting

- ½ cup unsalted butter, cut up
- 3 cups confectioners' sugar
- 1 teaspoon vanilla extract
- ¼ teaspoon maple extract
- 5 tablespoons low-fat (2%) milk
- Pinch salt
- ¾ cup pecans, toasted and chopped

(continued on page 13

Christmas Around the World



*Ornaments shown actual size of approximately 3½" in height.

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GREEN THUMB JOURNAL

What's wrong with my houseplants?

More people ask me this question than any other. Most houseplants, especially foliage plants, come from tropical areas where they're accustomed to a humid, warm environment with little light. Our homes, in comparison, are often too dry, too dim or too cool, particularly in the winter. Here are some common plant problems and causes.

Overwatering is the number-one houseplant problem, which causes the number-two plant problem—root rot. Waterlogged roots die because they can't breathe and get sufficient oxygen to keep them alive. Pots without drainage holes or with heavy, sticky soil aggravate the problem. Bacteria and fungi in the soil attack the waterlogged roots and change them from healthy, white-tipped fibers to slimy brown threads with blackened tips.

If you think your plant is suffering from overwatering, uproot it, cut off any unhealthy roots and dip the remaining healthy root system in a solution of capstan (one tablespoon per gallon of water). Repot the doctored plant in some well-drained sterile soil, and prune back a few stems to compensate for the lost roots. However, if all the plant's roots seem to be in poor shape, it's best to accept the loss and start again with another plant.

Brown leaf tips are another common complaint. When furnaces fire up in the winter, the humidity in your home drops; as a result, the leaf margins of ferns and other plants with tender leaves may turn brown. If you keep the plants away from vents, heat ducts and radiators, and set the pots on wet gravel or sand, they should revive. Better still, move them into the kitchen, where the air is usually more humid.

A shortage of potassium can also cause leaf-tip browning. Although plants need less fertilizer in winter than in the growing season, one or two feedings this season are a must to keep them flourishing.

Yellowing leaves, dropping of leaves, pale small yellow leaves and slow growth could be your plant's way of saying that it needs more sun. Remember, though—every plant has its own ideal light level, and too much is as bad as too little. Try to find the light level that's best for your plant.

Often, leaves turn yellow and d
because the plant has outgrown its
and the roots are pot-bound. If thi
the case, your plant needs a differ
home. The new pot should be ab
two inches wider and deeper than
old one. If the plant has recently b
moved to another location, its leaf
lowing may be due to stress (
plants suffer stress just as we do).
pamper it a little and sit tight.

Spots on the plant's leaves co
mean environmental or fungal p
lems. Most leaf spots caused by fu
have sharp outlines and are often
ered with tiny black dots (fungal fr
ing bodies). If you think your plan
a fungal infection, move it away
your healthy plants immediately
move the infected leaves and de
them. It's essential to keep the ren
ing leaves dry; fungi love moisture
can travel through water on leav
find openings in which to spread
disease. —C.Z. G

*For a personal response, send y
gardening questions or comme
with a self-addressed, stamped
velope to C.Z. Guest,* LHJ, *100 P
Avenue, New York, NY 10017.*



★STAR GUIDE★

FOR JANUARY

IES (March 21–April 19) You're like- to have a lucky encounter with neone important who's in the same e of business as you or your partner; s could be the start of a profitable ndship. Your career should make id improvements.

URUS (April 20–May 20) You've n hoping for a measure of financial ponsibility—now it's on its way. ur loyalty to your job will have a lot a situation—it's sure to have a devastating effect.

LEO (July 23–August 22) Love and romance will prosper at the end of the holiday season, and a future commitment is possible. You'll enjoy better cooperation from your loved ones and co-workers, especially if you admit your mistakes to them.

VIRGO (August 23–September 22) Your affairs will be blessed with prosperity and love as the year begins. Family discussions will allow you to air your views as well as benefit from others' ideas. You may find unexpected pleasure in local arts activities.

and complexion; you might not like what you see if you've been neglecting them. Get involved in a serious exercise program. Install equipment in your home or join a health club. This year's work schedule is going to be demanding.

CAPRICORN (December 20–January 19) Gear yourself up for a prosperous new year. Your career will advance by leaps and bounds, and you'll be able to defuse many of the negative feelings against you at work and at home. Keep your promises and commitments to avoid friction during what should be a happy time.



do with it. You might come across t perfect gift for a loved one. It's not late to buy it.

AINI (May 21–June 20) This will be very busy period of work for you; racurricular activities and commitnts will have to go on the back ner until job and home responsibils are met. After the worst is over, ertainment and fun come back into us—as well as a happier lovelife!

NCER (June 21–July 22) You may l yourself attracted to someone othchan your husband or partner this nth—perhaps a friend of yours or Think twice before going into such

LIBRA (September 23–October 22) You'll enter into new, intriguing studies this month that will broaden your horizons. Your success, though, may be threatened by your eagerness to take on too much at once. Older family members will need your help.

SCORPIO (October 23–November 21) You'll be called upon to assume more job responsibilities. While this will mean more money for you, don't let your lovelife suffer as a result. Visit ill or hospitalized relatives or friends, and help with bills if you can.

SAGITTARIUS (November 22–December 19) Take a good look at your figure

AQUARIUS (January 20–February 19) You'll have many opportunities to socialize at New Year's parties and other activities. Watch your diet, and get plenty of rest. You'll make lots of friends, and you'll hear a lot of secrets. Keep the friendships by keeping those secrets to yourself.

PISCES (February 20–March 20) You'll begin to appreciate the direction your career—or that of your partner—is taking, and understand what sorts of people and responsibilities you or he have to face in order to become successful. Watch for other opportunities, however, as well. —FREDRICK DAVIES

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FROM NIVEA, EUROPE'S NUMBER ONE MOISTURI

SWEET CHEATS

continued from page 132

ared Almonds
⅓ cup sliced blanched almonds
2 teaspoons granulated sugar
1 teaspoon water

e
2 ounces (2 squares) semisweet chocolate, coarsely chopped
2 tablespoons heavy or whipping cream
1 tablespoon unsalted butter
1 teaspoon light corn syrup

g
2 ripe large bananas
2 tablespoons lemon juice

heat oven to 325°F. Lightly butter 8-inch cake pans. Line bottoms h wax paper and butter paper.
n small bowl combine flour, baking a and salt. In another small bowl sk banana, egg yolks, milk and ple extract together.
n mixer bowl beat butter and brown ar until light and fluffy. Beat in ingredients alternately with ba-a mixture, beginning and ending h dry ingredients. Fold in nuts and colate.
n another mixer bowl beat egg tes at medium speed until peaks soft. Increase speed to high and dually beat in granulated sugar; tinue beating until stiff but not . Add to batter and gently fold to-her with rubber spatula. Pour into pared pans.
Bake 30 to 35 minutes, until tooth-k inserted in center comes out an. Cool in pans on wire rack 10 nutes. Remove and cool completely.
sting: In small saucepan heat but-over medium heat until golden wn, being careful not to burn. nsfer to mixer bowl and cool. Add 1 confectioners' sugar and the vanil-and maple extracts; beat until both. Gradually beat in remaining ar. Add milk and salt; beat until t and creamy. Stir in pecans. Cover l set aside.
gared Almonds: Preheat oven to °F. Coat baking sheet with vegeta- cooking spray. Sprinkle almonds h sugar and water, and toss until l coated. Spread on prepared pan. ke until crisp and golden brown, 10 15 minutes. (If unevenly browned, nuts and bake 1 to 2 minutes re.) Cool in pan on wire rack.
ze: In top of double boiler heat colate, cream, butter and corn syr-over simmering water, stirring fre-ently, until melted and smooth. Re-ve from water and set aside.
ling: Thinly slice bananas and toss h lemon juice.
To assemble, cut each cake horizontal-in half with long, sharp knife. Set aside one layer for top. Drain excess juice from bananas. Place 1 cake layer, cut side up, on serving plate. Spread with ½ cup frosting and arrange one third of the bananas over top. Repeat with 2 more cake layers, 1 cup frosting and remaining bananas. Place reserved layer, cut side down, on top.

Spread remaining frosting smoothly over side of cake. Spread cooled glaze over top of cake, letting glaze drizzle over side. Garnish top with sugared almonds. Makes 12 servings.

Nutrition info per serving: 495 calories, 6 gm protein, 27 gm fat, 62 gm carbohydrates, 163 mg sodium, 88 mg cholesterol.

SLIMMING FROZEN CITRUS SOUFFLÉ

pictured on page 129

A frozen soufflé is no more than a variety of ice cream. Ours is flavored with three citrus juices.

Prep time: 50 minutes plus freezing

1 cup sugar, divided
¾ cup mixed lemon, lime and orange juice
6 large egg whites, at room temperature
¼ teaspoon cream of tartar
2 large egg yolks, at room temperature
2 teaspoons *each* grated lemon, lime and orange peel
9 ladyfingers, torn into large pieces
2 tablespoons orange-flavored liqueur
1 cup heavy cream, whipped
1 teaspoon unsweetened cocoa powder

Candied Orange Peel
Slivered peel from ½ navel orange
2 tablespoons light corn syrup
1 tablespoon sugar

Cut wax or parchment paper long enough to wrap around 1-quart soufflé dish and fold lengthwise in half. Wrap around dish to form collar. Secure with paper clip and rubber band.

In small saucepan heat ¾ cup sugar and ½ cup citrus juice over medium heat until sugar dissolves. Increase heat to medium-high and boil until syrup registers 250°F. (firm-ball stage) on candy thermometer.

Meanwhile, in mixer bowl beat egg whites and cream of tartar until peaks are soft. Beat in syrup in thin, steady stream at medium speed. Increase speed to high; beat until cooled and peaks are stiff and glossy (about 5 minutes with heavy-duty mixer).

In another mixer bowl beat egg yolks and remaining ¼ cup sugar until pale and thick. Stir in grated peels.

Place ladyfingers in shallow bowl. Drizzle with remaining ¼ cup citrus juice and the liqueur.

With rubber spatula gently fold egg yolk mixture into meringue, then fold in whipped cream. Add ladyfingers and fold together. Spoon into soufflé dish. Freeze until firm, at least 4 hours.

Candied Orange Peel: In small saucepan cook peel in corn syrup over medium-low heat until softened, 3 to 4 minutes. Remove peel from syrup with fork and toss with sugar. Spread on cookie sheet. Let dry completely.

About 15 minutes before serving, remove soufflé from freezer and remove paper collar. Sift cocoa over top and sprinkle candied peel over top edge. Makes 8 servings.

Nutrition info per serving: 315 calories, 5 gm protein, 13 gm fat, 43 gm carbohydrates, 67 mg sodium, 153 mg cholesterol.

CHASTE CHOCOLATE MOUSSE PIE

The addition of coffee enhances the deep chocolate flavor. This pie can be frozen up to two days.

Prep time: 50 minutes plus freezing
Baking time: 8 minutes

25 chocolate wafer cookies
3 tablespoons butter or margarine, melted
3 ounces (3 squares) semisweet chocolate, coarsely chopped
2 ounces (2 squares) unsweetened chocolate, coarsely chopped
1½ teaspoons instant espresso powder
¾ cup sugar
½ cup cold water
5 large egg whites, at room temperature
½ cup heavy or whipping cream, whipped
1 tablespoon grated semisweet chocolate

Preheat oven to 375°. In food processor or blender process cookies to crumbs. Mix crumbs with butter or margarine in 9-inch pie plate; press firmly and evenly over bottom and side of plate. Bake 8 minutes. Cool on wire rack.

In top of double boiler melt chopped chocolate over simmering water. Add espresso powder and stir until dissolved. Remove from water and cool.

In small saucepan heat sugar and water over medium heat until sugar dissolves. Increase heat to medium-high and boil until syrup registers 250°F. (firm-ball stage) on candy thermometer.

Meanwhile, in mixer bowl beat egg whites until peaks are soft. Beat in syrup in thin, steady stream at medium speed. Increase speed to high; beat until cooled and peaks are stiff and glossy (about 5 minutes with heavy-duty mixer). Add chocolate mixture and fold gently with rubber spatula until blended. Spoon into cookie crust. Freeze until firm, at least 2 hours.

Spoon whipped cream into pastry bag fitted with star tip. Pipe 8 cream rosettes on pie. Sprinkle pie with grated chocolate. Makes 8 servings.

Nutrition info per serving: 350 calories, 5 gm protein, 20 gm fat, 41 gm carbohydrates, 207 mg sodium, 32 mg cholesterol. ■

Recipes developed by Helen Jones.

We've topped ourselves.



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Oodles and oodles of rich and creamy frosting. Plenty to go around and around.

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LOVE STORY

continued from page 104

eaking up the marriage of Debbie ynolds and Eddie Fisher, she'd been rried four times and had a number life-threatening illnesses as well as ee extremely painful births. She was yet thirty. Richard, thirty-six, was o married, to Sybil, his wife of near- thirteen years, when they began "the st public adultery in the world."

had driven E. from Rome in the all hours. All the world press was rching for us. We thought we had ten clean away. We drove in smug ssfulness to a small villa that looked pendously over the sea. We gam- ed like children, scrambling down rocks to the sea. We found out that ery bush—and there were hundreds them—contained a paparazzo. We re well and thoroughly trapped. The ekend turned immediately into a htmare. We drank to the point of pefaction. We were impregnated h guilt. We couldn't go out. We de a desperate kind of love. For ne reason—who knows or remem- s the conversation that led up to —E. said that she was prepared to l herself for me. Easy to say, I said, no woman would kill herself for , etc., with oodlings of self-pity. But of it all came E., standing over me h a bottle of sleeping pills in her nd, saying that she could do it. Go ead, I said, or words along those es, whereupon she took a handful d swallowed them with gusto and no matics. I didn't believe they were eping pills at first. For all I knew y were vitamin C. She then took rself off to bed in an adjoining room. gue memories of trying to get her ake, or realizing that she wasn't ing. Loading E. into the car and a r-raising drive to Rome and a hos- al and hiding at home because offi- lly E. had a tummy complaint or ne other excuse.

By God, what if she'd died?"

the next two years until their di- ces came through, it was life on the n. Finally they were married in To- nto in 1964. "She'll be late for the last ody judgment," Richard said as zabeth arrived very late, wearing a -cut bright yellow chiffon gown h the $150,000 emerald brooch chard had given her. They had at t found a Unitarian minister willing marry them. "Why's he so nervous?" ed Elizabeth of Richard. "We've n sleeping together for two years."

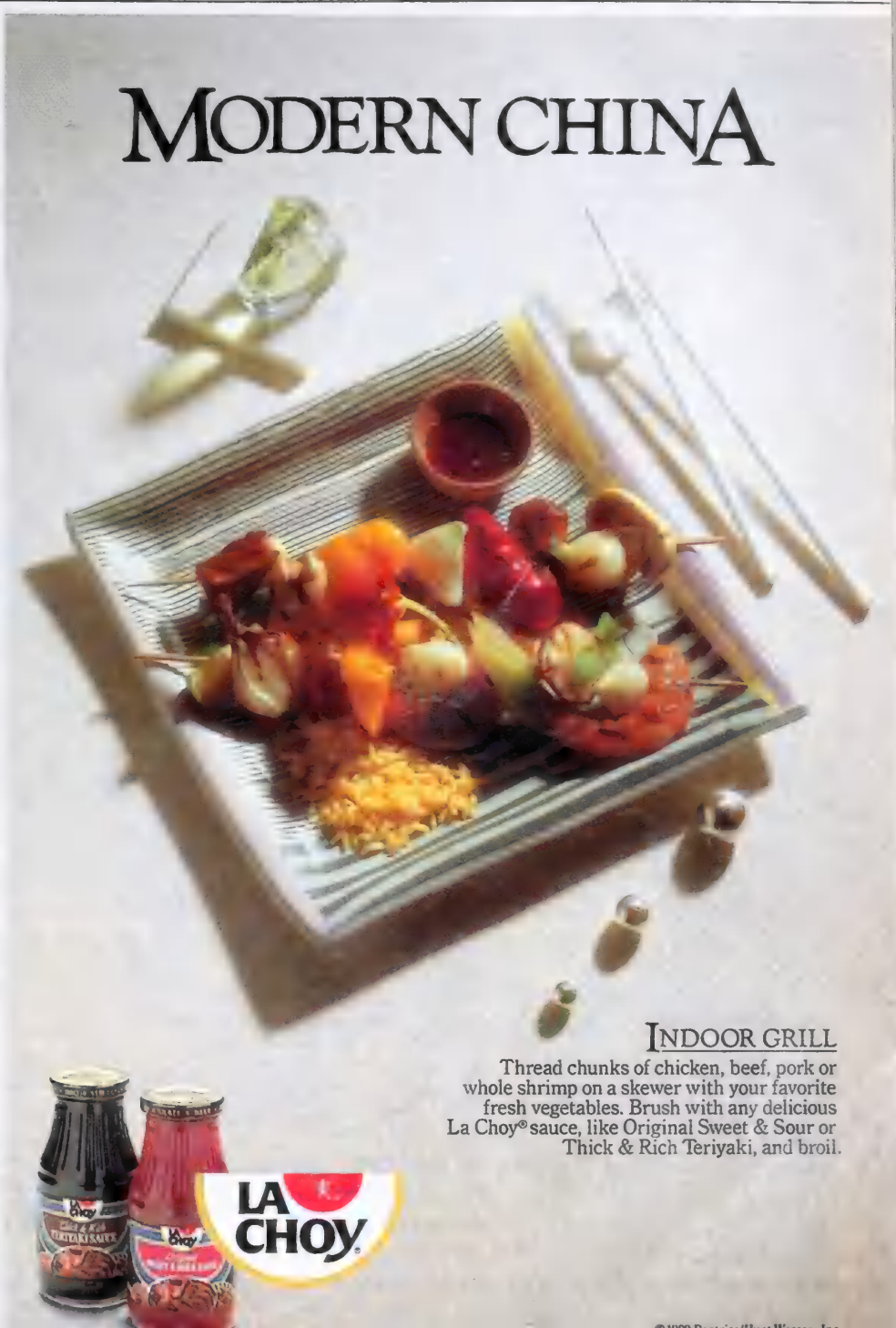
ssion on a pedestal

roughout the years, Richard's note- oks record how important sex was in their marriage. It first drew them together, and it sustained their relationship, even in its stormiest periods.

"I have been inordinately lucky all my life, but the greatest luck has been Elizabeth. She has turned me into a moral man but not a prig, she is a wildly exciting lover-mistress, she is shy and witty, she is nobody's fool, she is a brilliant actress, she is beautiful beyond the dreams of pornography, she can be arrogant and willful, she can tolerate my impossibilities and drunkenness, she is an ache in the stomach when I am away from her, *and she loves me!* She is a prospectus that can never be catalogued, an almanac for Poor Richard. And I'll love her till I die."

"Elizabeth is an eternal one-night stand. She is my private and personal bought mistress. And lascivious with it. It is impossible to tell you what is consisted in the act of love. Well, I'll tell you, E. is a receiver, a perpetual returner of the ball!"

"E. has become very slim, and I can barely keep my hands off her. It turns out that she's not less in weight, but, as a result of massage and exercise, the weight has been redistributed. She is at the moment among the most dishiest girls I've ever seen. The most. I mean dishiest." *(continued)*



love story

The sexuality between them is clear, but also the love. In page after page of the diaries, Richard's declarations make up a testament of love.

"Elizabeth has great worries about becoming a cripple because her feet sometimes have no feeling in them. She asked if I would stop loving her if she had to spend the rest of her life in a wheelchair. I told her I didn't care if her legs, bum and bosoms fell off and her teeth turned yellow. And she went bald. I love that woman so much sometimes that I cannot believe my luck. She has given me so much."

"My God, she's a beauty. Sometimes, even now, after nearly eight years of marriage, I look at her when she's asleep at the first light of a gray dawn and wonder at her."

The social whirl

The Burtons were the toast of the smart set. Richard said he hoped he was not affected by their flattery but admitted it was "sweet revenge for the social ostracism we endured a relatively little time ago."

"We were told the whole of Paris was agog. They had put crush barriers around, and there must have been several hundreds if not thousands of spectators. E. wore a diadem that cost $1,200,000. We left the hotel, surrounded by eight guards. Despite the presence of five ministers of the government and numerous luminaries of the cinema, stage and society, E. was unquestionably the queen of the evening."

"So the Ball was had . . . We picked up [Princess] Grace. A very amiable Rainier brought Grace to the gate carrying her two small bags—a considerable difference from E.T.B. Grace was nice and relaxed, and after the initial awkwardness that I always feel with people like Grace who are in a somewhat false position and know it, everybody talked freely. . . . [At dinner] E. and Grace were having a marvelous time. The star turn according to them was the Duchess of Windsor, who is perhaps getting slightly ga-ga. She had an enormous feather in her hair, and it got into everything, the soup, the gravy, the ice cream, and at every vivacious turn of her head it smacked Guy de Rothschild sharply in the eyes or mouth."







The look of love, in the early years before the constant battles with "both sides armed, the bombs ready to go off"

Those fabulous baubles

About the famous purchases, Richard put it dryly, "I introduced her to beer. She introduced me to Bulgari."

"Between long silences deadly insults were hurled about. At one point E. said to me: Come on, Richard, hold my hand. Me: I do not wish to touch your hands. They are large and ugly and red and masculine.

I am very contrite this morning. E. has just said that I really must get her the sixty-nine-carat ring to make her big, ugly hands look smaller and less ugly! Nobody turns an insult to her advantage more swiftly or more cleverly than Lady Elizabeth. That insult last night is going to cost me. Betcha!"

"Bought the ring for Elizabeth. I had set a 'lid' on it for one million dollars, if thou pleasest, and Cartier outbid me by $50,000. I turned into a raving maniac. Elizabeth protested that it didn't matter, that there was much more in life than baubles. The inference was that she would make do. But not me! In the end I won. *I got the bloody thing*. For $1,100,000. It turns out that one of my rivals was Ari Onassis, but he chickened out after $700,000. But apart from the fact that I am a natural winner, I wanted that diamond because it is incomparably lovely. And it should be on the loveliest woman in the world."

"The enemy is insidiously attacking again. Read in the papers that Ari Onassis had given Jackie half a million pounds' worth of rubies. Now Missy already has, as a result of former battles against yours truly, one of the greatest diamonds in the world and probably the most breathtaking collection of emeralds surrounded by diamonds. Now the Battle of the Rubies is on. It will be a long attritive war, and the idea has already been implanted that I shouldn't let myself be outdone by a bloody Greek. I can be just as vulgar as he can, I say to myself. Well, now to get the money."

"Last night as I lay reading in bed and E. was around the corner of the room I asked: What are you doing, Lumpy?

She said like a little girl and quite seriously: Playing with my jewels."

In sickness and in health

Elizabeth's health continued to be unstable. She'd had twenty-seven operations by 1970. The intensity of her illnesses coupled with alcohol and prescription drugs threatened to make her a perpetual patient. It brought out enormous nurselike affection in Richard, and some say Elizabeth's illnesses may have prolonged their marriage.

"I have just spent the two most horrible days of my adult life. This is the first time I've seen a loved one in screaming agony for two days, hallucinated by drugs, sometimes knowing who I was and sometimes not, a virago one minute, an angel the next.

Elizabeth had her uterus removed on Sunday morning. But it's the nights that have been so harrowing. I took a room—next door to E.'s—to be near her. The walls are like tissue paper, and the first night I heard nothing but her groans throughout the night."

"For the last month now, E. has gone *(continued)*

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LOVE STORY
continued

to bed not merely sozzled or tipsy but *stoned*. And I mean stoned, unfocused, unable to walk straight, talking in a slow, meaningless baby voice utterly without reason, like a demented child. If it were anyone else, of course, I'd pack my bags, head for the hills and go live in a Trappist monastery, but this woman is my life.

"A strange thing happened to E. last night. She had been trying on trousers and seemed to be perfectly all right. She fiddled about for about half an hour. Having put her nightdress on, she was sitting on the bed when I saw that she was in a very strange position. The upper half of her body was at a very uncomfortable forty-five degrees to the perpendicular. Her arms were rigid with some sort of temporary paralysis. I finally tucked her into bed. She was incapable of speech and could not tell me what the matter was. Today, she only has a vague recollection of it. Christ, will I be glad when this nightmare is over. I must have a long chat with the doctors and see how long she has to go with these pills."

"I had the frights again yesterday—the second weekend in a row, God Blast It! E. and I were going to make love in the afternoon, and she began to bleed. And I mean BLEED. I sat with her and stroked her and tried to comfort her as best I could. It finally stopped, but I nightmared a great deal.

What could life possibly be without her? It's no use picking up a miniskirted chick of eighteen—she wouldn't last a week. I would die, I suppose, a greatly accelerated death."

Trouble on the home front

Although they'd been known to have some stunning fights over the years, their battles were erupting with increasing frequency before leading to their first divorce in 1974.

"I have to face the fact that E. may be going to take off one of these days. I have known it deep down for some time but have never allowed it to surface. Our quarrel sounded like the quarrels one hears from the next room in a cheap hotel by two middle-aged people, twenty years married and bored witless by each other."

"Yesterday was another terrible day. I behaved in a way to make a banshee look kind, good and sweet. . . . Well, I went mad, which ended up with Elizabeth smashing me around the head with her ringed hands. If any man had done that, I would have killed him, or any woman either, but I had sufficient sense to stop myself or I most surely would have put her in hospital."

"The last six or eight months have been a nightmare. I created one half and Elizabeth the other. We grated on each other to the point of separation. It is of course quite impossible. We are bound together. Hoop-steeled. Whither thou goest, he said hopefully."

"Another worry is that I have temporarily lost all sexual urge, which is very frustrating for E. Presumably because of the terrific change in my body resulting from total abstinence for three weeks, after thirty years of steady and sometimes unsteady drinking . . . When it does come back, it will be a vast explosion. If it does come back—which it better had."

The final curtain

After a very brief reunion, their second divorce came in 1976. While Elizabeth languished unhappily as the wife of John Warner—she went from 130 to 175 pounds—Richard married, first Susan Hunt and then Sally Hay. In 1983, the famous couple were reunited in the Noel Coward play Private Lives. *The brief entries below, the last Richard was to write, show a sad picture of Elizabeth, lonely and confused, in a drug and alcohol haze.*

"Maria [Elizabeth's adopted daughter] came over with baby. Went with them to see E.T., who's using Rock Hudson's flat. E.'s face okay but figure slop! Also drinking. Also had not yet read play! That's my girl!"

"E.T. bad. Couldn't even read the lines properly. Doubtless she'll come up to scratch eventually. E.T. as exciting as a flounder temporarily. E.T. beginning to bore, which I would not have thought possible all those years ago. How terrible a thing time is."

"E.T. only fifteen minutes late today but then spent fifteen minutes doing her eyebrows. She is also on something, because there are lines she can't say at all. Very worrying. She is also terribly low in energy. Tells me twice an hour how lonely she is."

"E.T. tremendously better in first act—still rocky in second and reads third. For the first time I enjoyed rehearsals. Hope it continues."

"Two runs-through today and the difference in performances was sensational in comparison with a mere one and a half days ago. The play and players began to invent. Odd man out is me at the moment. Well, I'll see what I can do."

This was the last entry in Richard's diaries. A short while before he died in 1984, Richard told the actor John Hurt about Elizabeth, "I'm still fascinated by her." ■



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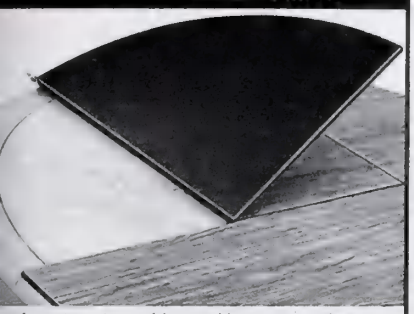
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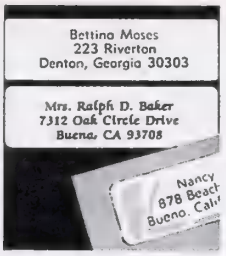
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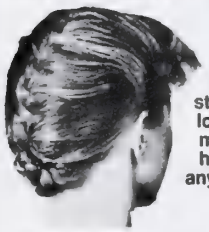
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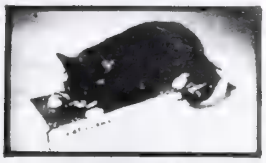


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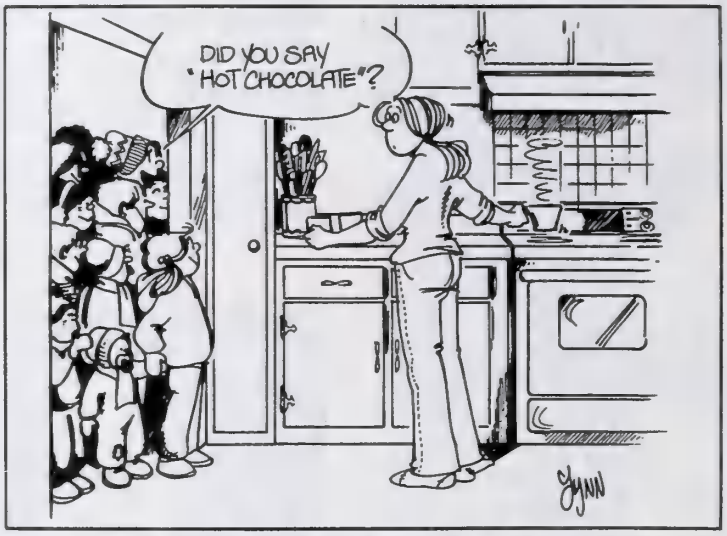
Out of the mouths of babes

My four-year-old daughter was playing with our new puppy in the den when he stretched out and gave a long sigh. She ran into the kitchen screaming, "Come quick, Mom! Duke is losing air pressure!" —*Mrs. Elizabeth Crider, Centre, AL*

Our great-grandson Daniel had his eye on our candy jar and told his mother that he wanted some candy. She said that it had to be offered first. He then went to my husband and said, "Gramps, can you offer me some candy today?" —*Mrs. M.C. Sauer, Oklahoma City, OK*

My five-year-old was explaining to her grandmother that she had learned to count backward from ten to zero. Her grandmother asked her if she learned this in preschool. "No," my daughter answered, "from the microwave!" —*Pat Koehler, Lake Cormorant, MS*

FOR BETTER OR FOR WORSE **By Lynn Johnston**



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THE WORKING MOTHER'S DICTIONARY

FLU: the only thing the kids never mind sharing.

FOOTSTOOL: a piece of furniture handy for covering the soda stain on the carpet.

FURNITURE: makeshift trampolines for the kids.

GUILT: the only trip you'll ever take once you become a working mother.

SEIZURE: something the kids call to report to see how long it takes you to cover the thirty miles home. —*Shirley Brice*

THE SPOUSE THAT ROARED
He skids up the driveway,
Then slams on the brakes;
Starts the dog barking,
Jars the baby awake.
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Gets the TV set blaring
And announces, "I'm home!"
—Carole Carter

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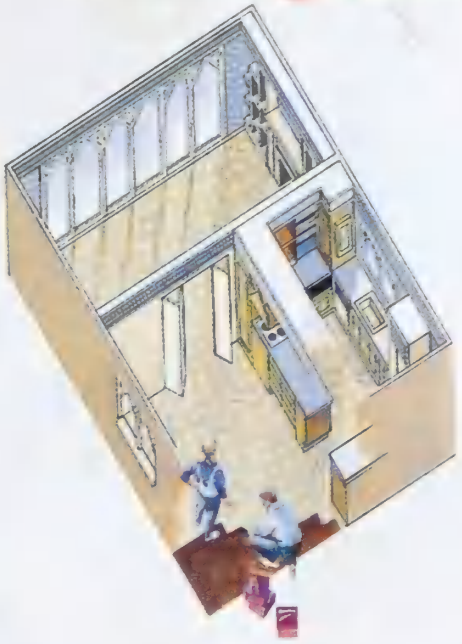


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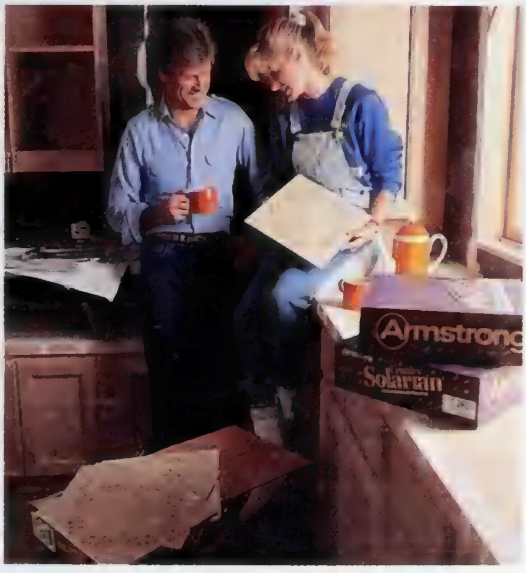
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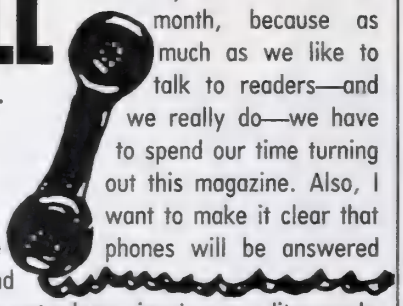
By Myrna Blyth



GIVE US A CALL

Queries, opinions or suggestions? We want to hear from you

While reading a copy of *Ladies' Home Journal*, do you ever have a question you'd like to ask an editor, a comment you'd like to make? Well, we'd like to talk with you. One day each month we're going to open the phones to our readers. Editors from different departments will be at the other end of the line ready to hear queries, concerns—and some compliments, too, we hope. We can only do this once a month, because as much as we like to talk to readers—and we really do—we have to spend our time turning out this magazine. Also, I want to make it clear that you'll have to pay for the calls. That's why these phones will be answered only once a month, when an editor is at the other end ready to talk to you. And on calling day you'll either get a busy signal or an editor ready to listen. Each month the date of the call-in day and the departments who will be taking calls will be published in the magazine. We think this is a way of getting to know you even better and to make sure we are really serving your needs. Our first call-in day is February 8, and we'll be taking calls between one and four P.M. Eastern Standard Time.



On the line that day will be Health Editor Nelly Edmondson Gupta at 212-351-3680. Nelly will have a doctor with her to help answer questions about health or self-help concerns. Call Food Editor Jan Hazard at 212-351-3681; Beauty and Fashion Editor Lois Joy Johnson at 212-351-3682; Decorating Editor Marilyn Glass at 212-351-3683; and Managing Editor Mary Mohler at 212-351-3684, who will answer questions about child care as well as answer general queries about the magazine. So give us a call.

Hope you enjoy this issue filled with the work of outstanding writers and respected experts. Top British writer Anthony Holden gives a provocative picture of Charles and Diana (page 115). There's also a condensation of an unforgettable novel, *Waverly Place*, by award-winning journalist Susan Brownmiller. What else? Beauty advice from a panel of super doctors, tummy trimmers from an exercise whiz, love lessons from a leading sex counselor and our totally revamped food section. Make your love that chocolate basket on page 156, and I know you'll have a perfect Valentine's Day.

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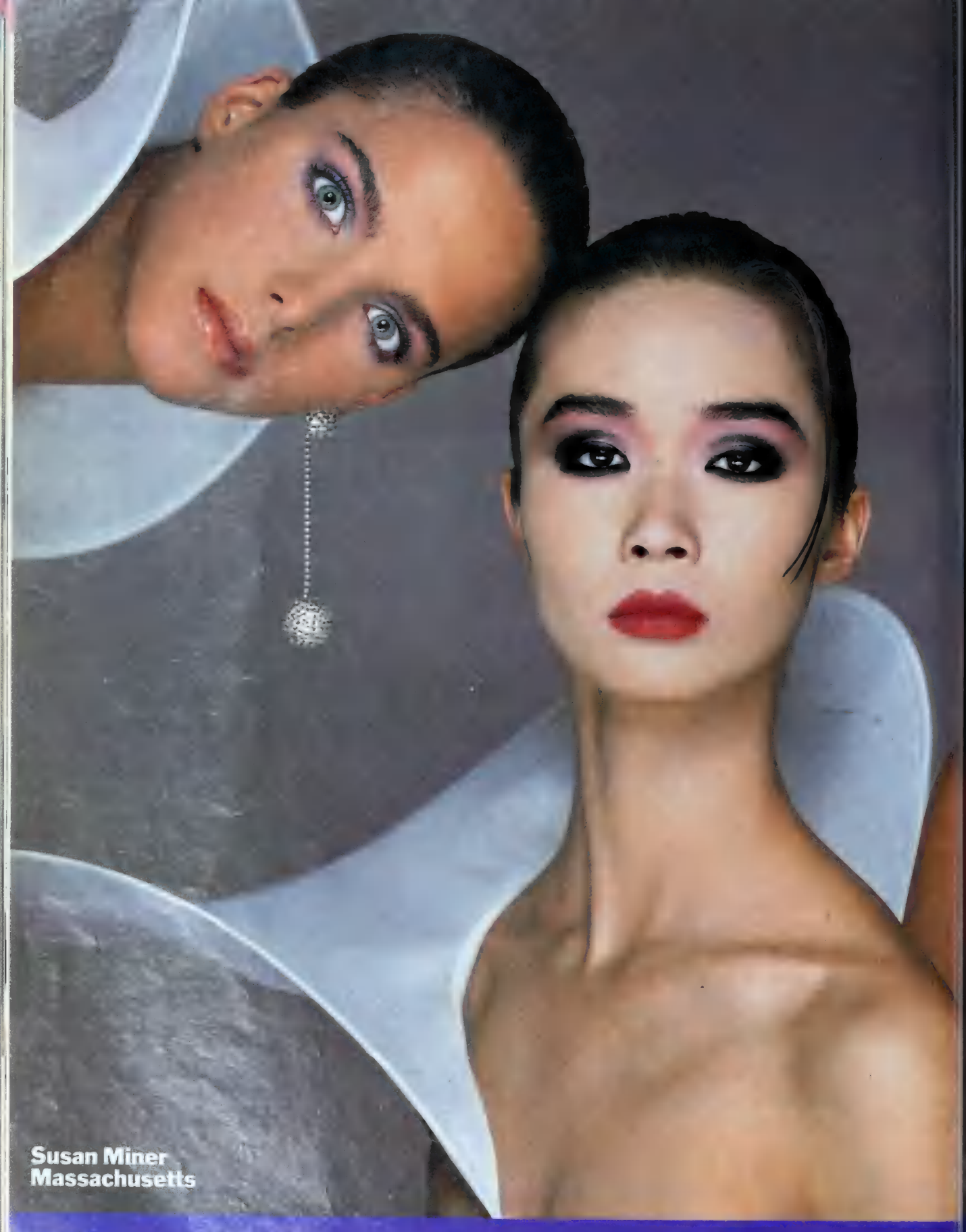


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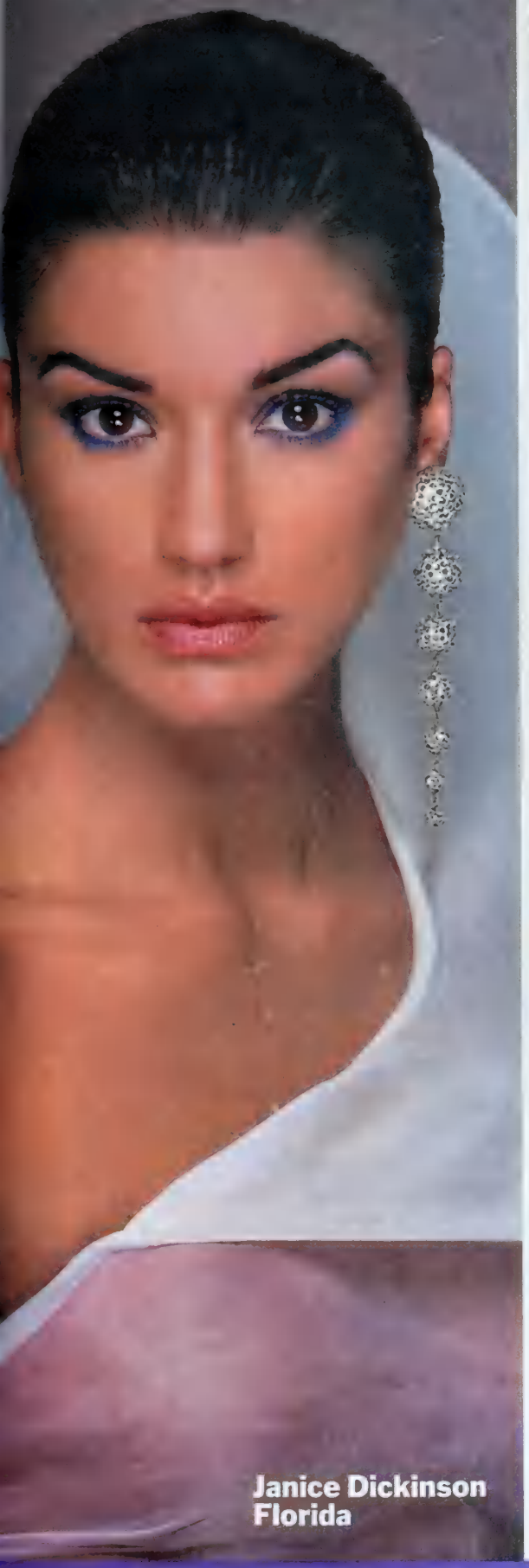
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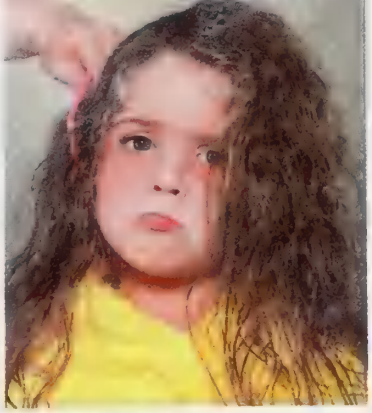
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LADIES' HOME Journal®

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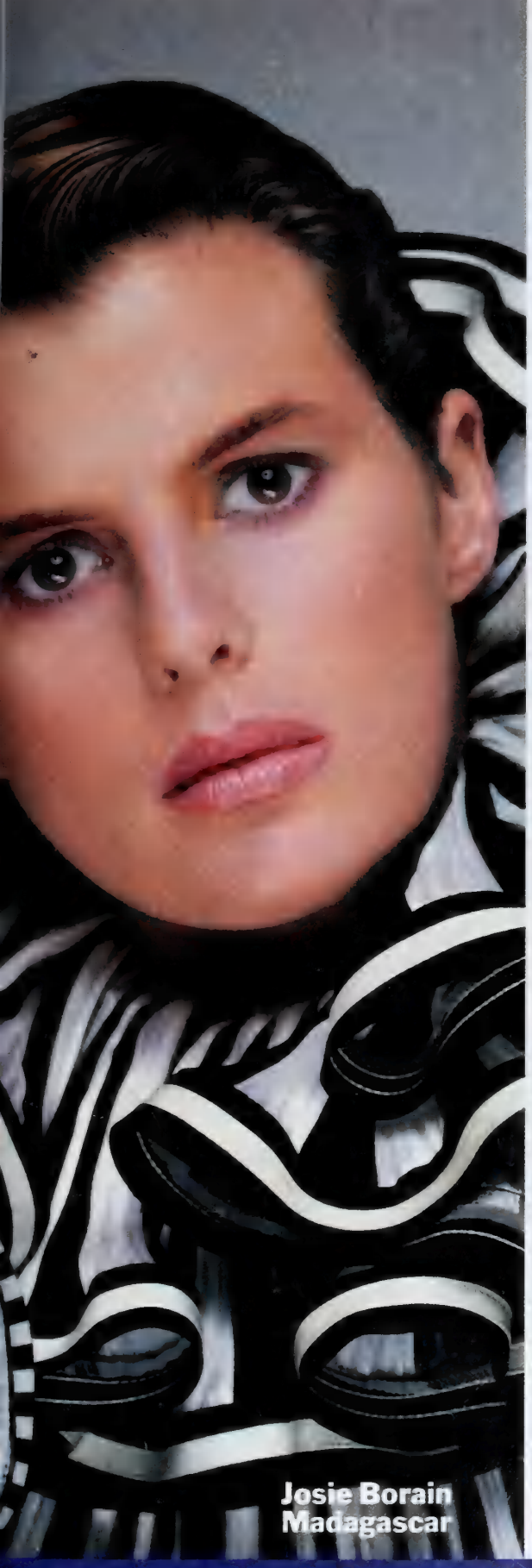
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My husband never shows me any love

By Laurie Werner



Introduced thirty-six years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Toby Adis, M.S.S., a counselor for the Jewish Family and Children's Service of Philadelphia, which is a private nonprofit organization and a member of the Family Service Association of America. The story reported here is true, although names and other details have been changed to conceal identities.

Julie's turn

"I DON'T WANT TO LEAVE DAVID, but I don't think I have a choice," said Julie, an attractive thirty-six-year-old. "My home is a prison, and David is the warden. He's like a machine—he acts just like one of his computers.

"Sometimes the girls and I—we have two daughters, Lily, seven, and Jackie, five—don't even see him when he comes home from his job as a computer programmer. With barely a nod to us, he skips dinner and goes straight into the den to do even more work.

David was emotionally and physically remote. What happens when a wife feels trapped in a passionless marriage?

"Communication? Forget it. Sex? Forget that, too. Not that we ever really had much of a satisfying sex life. From the day we were married eight years ago, David's idea of romance has been to make love just about the same time every week. Never has there been any spontaneity, any deviation from that timetable. I remember in the beginning, in between our scheduled events, I would turn over in bed and cry, wondering what was wrong with me, why my husband wasn't hugging or touching me. If only he would show me even the slightest bit of affection. Here it is, almost Valentine's Day, and I can't help thinking that I'll be lucky if I even get a quick hello kiss.

"True enough, David has been like this as long as I've known him, and I admit that in the beginning I didn't mind. In fact, I found his computerlike efficiency kind of reassuring.

"I'd just ended a terrible marriage. Barely twenty and still in college, I had married a man I didn't really love, but I was desperate to get away from home. My father died when I was a baby, and my mother. . . don't get me started on her. As far as she's concerned, I never do anything right.

"Anyway, I knew within a few months that my marriage would never work. My husband was blatantly unfaithful. Still, I stuck it out for three years because I couldn't face telling my mother.

"By comparison, David seemed like a prince. We met several months after my divorce—mutual friends fixed us up—and to my surprise, I really liked him. He seemed sweet and really *steady*. He had been married before, too, so we also had that situation in common.

"We started dating regularly, and that's when I first noticed this rigidity, this coldness, about him. David was just so predictable. Every Wednesday night he'd call to ask me out for Saturday. We'd do basically the same things every week. It was odd, but I loved him anyway.

"I only wish I had looked a little deeper, because now he's driving me insane. Take *(continued on page 16)*

Ardith Trahan

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CAN THIS MARRIAGE BE SAVED?

(continued from page 12) his attitude about money. About two years after we married, we moved from our small apartment to this house. That was just around the time Lily was born, and I knew our finances were tight, especially since we were living on only one income. I'd been teaching second grade when we married, but I quit my job to stay home with the baby. I urged him to look for a better position—he wasn't making very much money, and I knew he didn't really like the company he was working for—but he refused.

"Instead, he got hysterical about watching every penny. Though I was already quite careful, David would go crazy if I spent one dollar more than necessary. He'd even count my change when I returned from the supermarket.

"You can imagine how he felt about any kind of major spending, like vacations. I'm a firm believer that you just have to get away once in a while to stay sane. But for years now, David has insisted we cannot afford any kind of trip. Believe it or not, he gives me a hard time about spending money to go out to dinner and a movie! He won't even go to dinner at a friend's house, which wouldn't cost him a nickel. When the girls were little, I'd meet women in the park who had kids the same age as ours. They'd invite us over, but David would refuse to go, claiming he didn't know them and would have nothing to say.

"Needless to say, with two small kids at home, I started to feel trapped, totally closed in. You'd think my husband would have understood how I felt, maybe showed a little concern, but no, not David.

"My reprieve came a few months ago when I started doing volunteer work for a local councilman. Since the kids are both in school now, a friend suggested I drop by campaign headquarters and help out a bit. I did, and it really was a whole new beginning. Before long, the campaign manager offered me a full-time job.

"Finally, I was in a stimulating environment with people who seemed to appreciate me. Though I often worked late and on weekends, I didn't mind. For the first time in my life, I felt fulfilled. And I started to dread going home.

"Fortunately, I was making enough money to hire a wonderful housekeeper who ran the whole show. Frankly, after years of unhappiness, that house had become a symbol of everything I hated. I didn't want to have a thing to do with it. I guess you could say to protest I went on strike.

"Even worse, I found I had no patience with my children at all. Jackie would spill her apple juice on the rug, and I'd have a fit. Right away, I'd feel horrible and I'd try to apologize, but it's been happening more and more, and I know I'm turning into a nasty, terrible mother.



"So what if I'm predictable?" asked David. "Is it so terrible to be organized?"

"David, of course, screams at me for being unreasonable. But, you know, he has never once asked me what's wrong, what's making me feel so unhappy.

"The crazy thing is I don't really know what's wrong. Why, if I like my job and finally feel free, am I so miserable? Last week, I actually went upstairs and started to pack my bags. What stopped me? Probably I couldn't bear to face my mother again with another obvious failure in my life.

"Whatever the reason, I know it's time for us to at least make a try of counseling. But if David can't be a human being, I'm taking the girls and moving out."

David's turn

"To be perfectly honest, I have no idea why I'm here," said David, thirty-eight, a softspoken man with neatly combed blond hair. "Julie and I have never had any serious problems, so when she told me she was on the verge of leaving, I was caught totally off guard.

"She *has* been acting irrationally lately, screaming constantly at the girls for no reason. I know it's rough to have two little kids making noise, but no one ever said parenting was easy. I don't think their behavior warrants her hysteria.

"I don't know why Julie is acting like this now. She has always been the most giving, stable person. After my first disastrous marriage, she was a breath of fresh air.

"So what if I was predictable about calling for dates? Is it so terrible to be organized? That's the way I was raised. My mother's credo was 'A place for everything and everything in its place.' She created a very structured environment for me as a kid, and I guess it carried over. College, for instance, was very structured. I didn't party all the time like everyone else. I majored in engineering, and I *worked*. Same in graduate school.

"Why am I apologizing for being this way? Look, I find it comforting to have things planned out, to know what I'm getting into. I've never been good at just winging it. In fact, all those times Julie kept insisting we go out with people I didn't know . . . well, I said no because I was scared to death.

"I know Julie doesn't understand that, just like she doesn't understand how I feel about outward displays of affection. I don't think it's true that I *never* show affection . . . but I'll admit it's not easy for me. That's also the way I was raised. Mother was very Victorian, very prim and proper. Father died when I was thirteen, and my brother, who's seven years my senior, never paid any attention to me. I found it hard to make friends and was pretty much a loner.

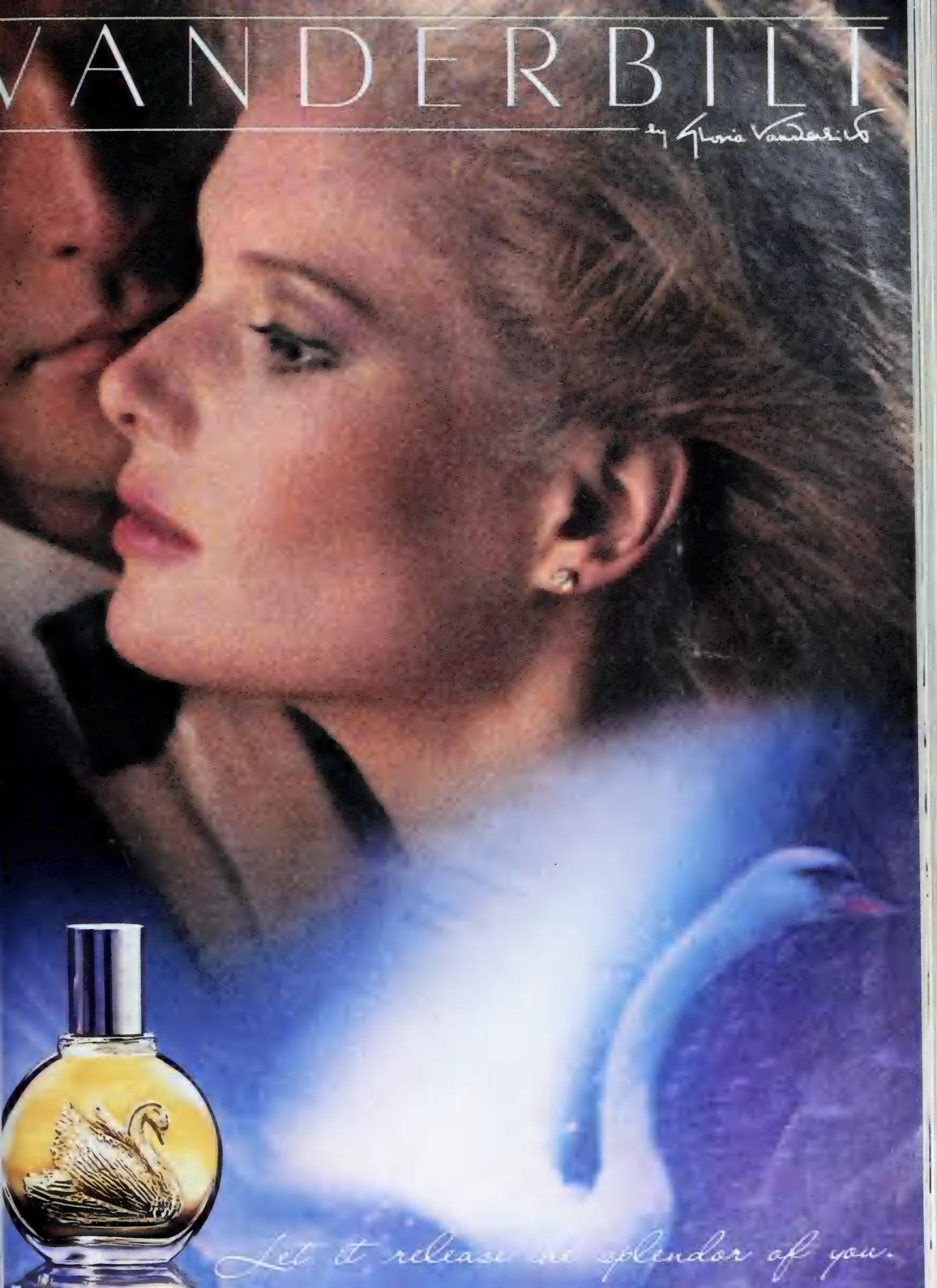
"It's news to me, too, that she's so dissatisfied with our sex life. She never said anything, and I honestly don't remember a teary session like the one she described.

"The only problem I am aware of is money—but all couples fight about that. When we built our house, the accountant told me it would be very tight, and I told Julie we'd have to curtail expenses for the next few years.

"Okay, so I overdid it, but do you have any idea how difficult it is to make ends meet? Again, this is the way I was brought up. We never bought anything we didn't need, we paid our bills on time and we didn't borrow money to do it.

"Julie says my getting a new job would be the perfect solution, but it's not that simple. I *(continued)*

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■ CAN THIS MARRIAGE

continued

hate all those high-pressure interviews, the risk of being turned down. So my job isn't perfect, but I'm fairly good at it.

"I'll tell you one thing. I didn't trap Julie in the house, and I don't like being cast as the villain in this story. I guess I should have said something. I should have asked what was wrong. But I didn't know where to begin."

The counselor's turn

"After their first session, it was clear that Julie and David each had a great deal to work through in their own backgrounds before they could resolve their problems as a couple," noted the counselor. "That's why I recommended they see me separately for a while.

"As Julie noted, David *was* remote and rigid; however, neither understood that David used his rigidity to shield himself from anxiety. Left essentially on his own as a child, David never developed a full and confident sense of self. As a result, he really was terrified of any new situation.

"Furthermore, David had convinced himself that he couldn't handle any change. His refusal to socialize with people he didn't know, his reluctance to hunt for a better job and his pulling back from his wife during stressful times were all examples of this avoidance behavior.

"To help free David from his anxieties, we started by examining each of his concerns individually. We broke down the terror of each situation by analyzing the worst possible thing that could happen. Once he heard himself actually speaking the words, David understood how unrealistic his fears were. And this gave him the courage to put himself in that situation.

"For instance, when we discussed his reluctance to socialize with Julie's friends, David acknowledged that probably the worst thing that would happen on such an evening was that no one would talk to him and he would have a terrible time. However, when he finally dragged himself to dinner at the home of a couple who had children the same age as theirs, David discovered he had more in common with them than he ever dreamed.

"As David started to take more risks, his confidence grew; he was able to begin opening up emotionally.

"Meanwhile, in Julie's sessions, we spent a great deal of time discussing her relationship with her mother. Though she had borne the brunt of her mother's criticism for years, Julie st yearned for her mother's approval a harbored the fantasy that if she ne disappointed her mother, she would rewarded with the love and nurturi she desired. Not only was it crucial Julie to accept the fact that her moth would never change, she also had realize she had unwittingly tra ferred this same fantasy to David.

"As it turned out, Julie had ne spoken up and told David how she f for fear that he would become ang With their sexual relationship, for stance, the tears *had* come in the m dle of the night, David *had* been sou asleep, but Julie assumed he should able to read her mind. Her dissatisf tion with his general lack of affecti his penny-pinching or his disappe ance into the den took the form tentative remarks.

"Over the next few months, Ju learned to express her feelings a wishes to David instead of passiv accepting certain conditions, swall ing her anger and later erupting, she did by going on her so-cal household strike. Indeed, after ab six months of therapy, Julie and Da truly began to make progress.

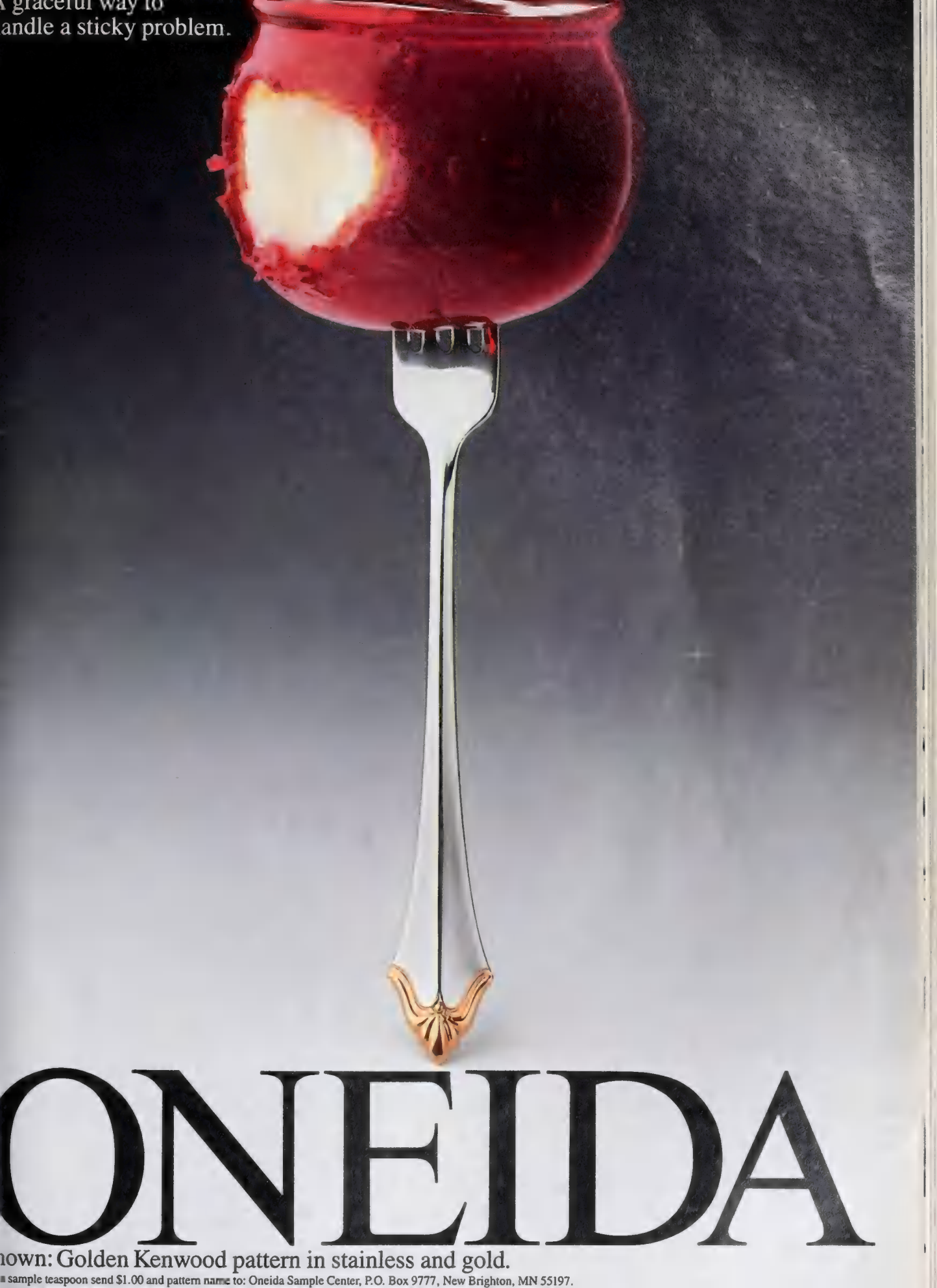
" 'I never realized you had suc low opinion of yourself,' Julie s sympathetically during one sessi For his part, David began to unc stand the pain Julie's mother had flicted on her, and their shared vuln ability brought them even closer.

"This last understanding had an mediate effect on their relationship this the same man?' asked Julie statically. 'David actually comes behind me, wraps his arms around and gives me a kiss. Even our sex is improving!'

"What's more, as David began loosen up emotionally, he realized t some of his tight money policies w unnecessary. Since they were b working, money wasn't as much c problem as it had been. They sta going out to dinner regularly and m ies on weekends, and while they s can't afford a major vacation, they planning several weekends away.

"A year into counseling, David confident enough to contact headhu ers about finding a new position. T breakthrough made him feel so con tent personally that he was able provide a pivotal source of support Julie when she tried to stand up to mother. After one particularly wren ing phone call, Julie burst into te but David, instead of retreating to den, took her hand and said, 'Let's t about it. What did she say?'

" 'Finally,' said Julie, 'I felt like were a team.' The couple ended c seling shortly thereafter."



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Giving the gift of life

By Louise Richards*

I've been a surrogate mother four times—yes, four times. Here is why I have no regrets

"Help me, this baby is coming!" I cried. It was Thanksgiving Day 1984, just two hours after my first contraction had begun, and I was all alone in a hospital room.

Not only was the baby in a hurry to be born, three very important people were missing from the delivery room: my husband, Tony, and the parents who would raise the baby. You see, I am a surrogate mother, and the baby I was about to give birth to belonged to them.

Unfortunately, my labor progressed so quickly that the parents arrived at the hospital after their son was born. I was disappointed that they had missed the birth but delighted that their dream of parenthood had finally come true.



The author, near the end of her fourth—and final—surrogate pregnancy

Gill Kenny/Black Star

That was not my first surrogate birth—or my last. During the past six years I have been a surrogate mother four times. I know it's hard for many people to understand how I can do this, but if I had missed out on any of these pregnancies, I would feel that something was lacking in my life.

It was in 1981, when I turned thirty-one and my son Luke was a toddler, that I first thought about becoming a surrogate. Although Tony and I loved being parents, we had decided against having another child. We couldn't support a bigger family on his income as a construction worker, and I was determined to stay at home full-time with my son.

I never questioned our decision until one month when my period was late. Suddenly, the thought of a baby moving around inside me again was exciting. I realized that I yearned to be pregnant.

When my period finally came, even Tony sensed that I felt regret as well as relief. But how could I resolve my feelings?

Then we happened to see a television news report about surrogate motherhood. I knew I had found my answer.

"This is it!" I told Tony excitedly. "I can be pregnant and help people who can't have a baby!"

Tony stared at me in disbelief. "Think how empty our lives would be without Luke," I urged. "Imagine how we would feel if we could never have a child."

Tony looked down at Luke, who was playing on the floor. "Okay," he finally said. "Find out more about becoming a surrogate mother, and then we'll talk about it. But Louise, would you *really* be able to give up a baby?"

That question haunted me for weeks. But after a great deal of soul-searching, I decided I could do it—because I'd already done it years before.

When I was sixteen, I'd become pregnant and had married my high school sweetheart. Four years later, my marriage was over, and I was alone with a three-year-old and a one-year-old, and no way to support them. I had no skills; I'd never held a job. My ex-husband had joined a motorcycle gang, and I couldn't count on him for any kind of financial support, nor could my parents afford to help. I was desperate.

I felt I'd never be able to give my sons the secure, happy life that I wanted for them. I thought *(continued on page 28)*

**The names in this story have been changed*


Reflections on Claire.
"She's been down the Nile
and up the Mississippi.
Even my mother likes her.
And her legs, they leave
me speechless..."
Silk Reflections
Hanes
Silk Reflections
It's the way you wear your Hanes.
© 1988, Hanes Hosiery, Inc.



Doll shown smaller than actual size of 19" from head to toe.
(Basket, quilted blanket, pillow, bunny rabbit and I.D. bracelet included at no extra charge.)

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ON SALE FEB. 13 THRU FEB. 28



Kmart
the Saving Place

(continued from page 22) about putting them in temporary foster care, but I was afraid they'd be shunted from one house to another. So finally, I made the most painful decision of my life—I would give up my children for adoption.

Signing those adoption papers was the hardest thing I'd ever done. I tried to comfort myself with the fact that both boys were being adopted by one family, but it didn't help. For months I couldn't bear to look at children my sons' ages, and even today I cry on their birthdays.

Eight years later when I met Tony, I had finally put my life back together. We both wanted a child, and I became pregnant right away. I'd been given a second chance at motherhood, and I was overjoyed.

So now I really wanted to help someone else experience the joys of having a child. I knew I could be a good surrogate mother—especially since I'd know from the start that the baby was not mine to keep.

I called Surrogate Parenting, the agency in Louisville, Kentucky, that had been mentioned on the TV news report. They sent me an application, and then Tony, Luke and I flew to Louisville for a series of psychological tests. Tony was now as eager as I was to help another couple become parents. And the $10,000 compensation would make it easier for me to continue staying home with Luke.

The agency called two months later to tell us that a couple had chosen me as their surrogate after reading the reports and looking at my pictures. I was thrilled!

I went back to Louisville for the insemination. I was a nervous wreck as I boarded the plane. Was I really doing the right thing? Would the insemination hurt? And what if something was wrong with the baby and the parents didn't want it?

But at the agency, my fears evaporated. The two inseminations were only mildly uncomfortable. I went home in high spirits.

I'll never forget my disappointment when I got my period. I felt that the parents were counting on me, and I'd let them down. I cried as I reported the news to the agency.

Fortunately, the next insemination was successful. I was ecstatic! When would I feel those first kicks? I wondered happily.

As the months progressed, Tony and I had several discussions with little Luke to make sure that he understood that the baby was "for a lady who can't have a baby of her own." Beyond that, our explanation was simple: "We go to Kentucky to make the baby, and we go back to Kentucky for the baby's birth." But after the birth, we added, the "'Tucky baby" (as Luke called it) would stay behind.

Throughout the pregnancy I felt confident and serene, but I was careful to keep an emotional distance from the baby. I didn't let myself imagine what he or she looked like, and I reminded myself frequently that this was *not* my child. I just enjoyed rubbing my tummy and feeling the baby move.

Finally, in the fall of 1982, Tony, Luke and I flew to Louisville for the birth. I couldn't wait to meet the baby's parents. But when we arrived at the agency, the staff informed us that the baby's mother could think of herself as the real mother only if she didn't meet me. Her rejection of me hurt deeply, and I cried my heart out.

But the next day at the hospital, Tony and I did get to meet Bill, the baby's father. Bill even joined me in the labor room. I'll never forget the sight of him holding his newborn son, grinning so hard I'm sure his face hurt. At that moment, I knew that I'd done the right thing.

The baby was beautiful, but I felt no real connection to him. I held him once just after he was born, and after that I was content to admire him through the nursery window. However, I do treasure the picture Bill gave me of himself holding his son. I had helped create a new family, and I was ready to do it again.

I had the "Thanksgiving baby" two years later and then became pregnant with my third surrogate child in 1986. That pregnancy was a special pleasure because I communicated with the parents, Sarah and Jim, right from the start. We phoned each other frequently, and Luke and I even met them before the inseminations.

I'll never forget Sarah's squeals of excitement when, after four unsuccessful tries, I reported that I was pregnant. And I can still picture the expression on Jim's face when I handed him his son and said, "This baby belongs to you." There were no words to describe his joy.

Today, I'm nearing the end of my fourth surrogate pregnancy. Since I'm now thirty-eight, I had an amniocentesis done at the parents' request. When I got the results, I sent them a card saying, "It's a boy!" I won't meet the couple until the birth, but we write each other, and I feel a strong tie between us.

Because of my age, this pregnancy will probably be my last. That thought makes me sad, but I have tremendous satisfaction in knowing that I was able to help four couples become four families. We've shared the miracle of life. ■

Surrogate motherhood: Uncertain status

In 1987 the Baby M trial thrust surrogate parenting into the national spotlight, raising numerous ethical and legal questions. Yet for all the attention surrogacy has received, there are still no federal laws clarifying the rights of the parties involved. Currently, at least twenty-four states are considering bills to restrict surrogacy, while five states have laws making surrogacy contracts unenforceable.

Attacked by critics as baby selling and condemned by religious groups, including Roman Catholics and Orthodox Jews, surrogacy nevertheless remains an option for infertile couples. During the last decade, there have been an estimated one thousand births to surrogate mothers. And with one in six couples unable to have a child of their own, the demand for surrogates continues to grow.

But even some of the advocates of surrogacy are now calling for legal regulation. In fact, according to a recent study done by Hilary Hanafin, Ph.D., a psychologist at the Center for Surrogate Parenting, in Beverly Hills, California, both surrogates and the couples who hire them want regulations and restrictions in order to protect all parties involved.

Clearly, the courts are a long way from making a landmark decision. "It will probably take Babies N, O and P before we get a law on the subject," says Lori Andrews, a lawyer and the author of *Between Strangers—Surrogate Mothers, Expectant Fathers and Brave New Babies* (Harper & Row, 1989). "But eventually, I think that the law will allow surrogacy and regulate it." —PAMELA GUTHRIE O'BRIEN

Ticket to Ride.

Dad talks in smokescreens. Can't ever say what
e really feels. Like this morning, getting ready
go. All he could talk about was the car. Did I have
he oil checked? How were the brakes? So I told
im, I had the Goodwrench guys at the GM
ealership look it over.
did, too.
ee, this car is my ticket to the real world. My
reedom to go where I want to go. You better
elieve I'm gonna take care of it.
ad just nodded.
ut I knew what he was saying."

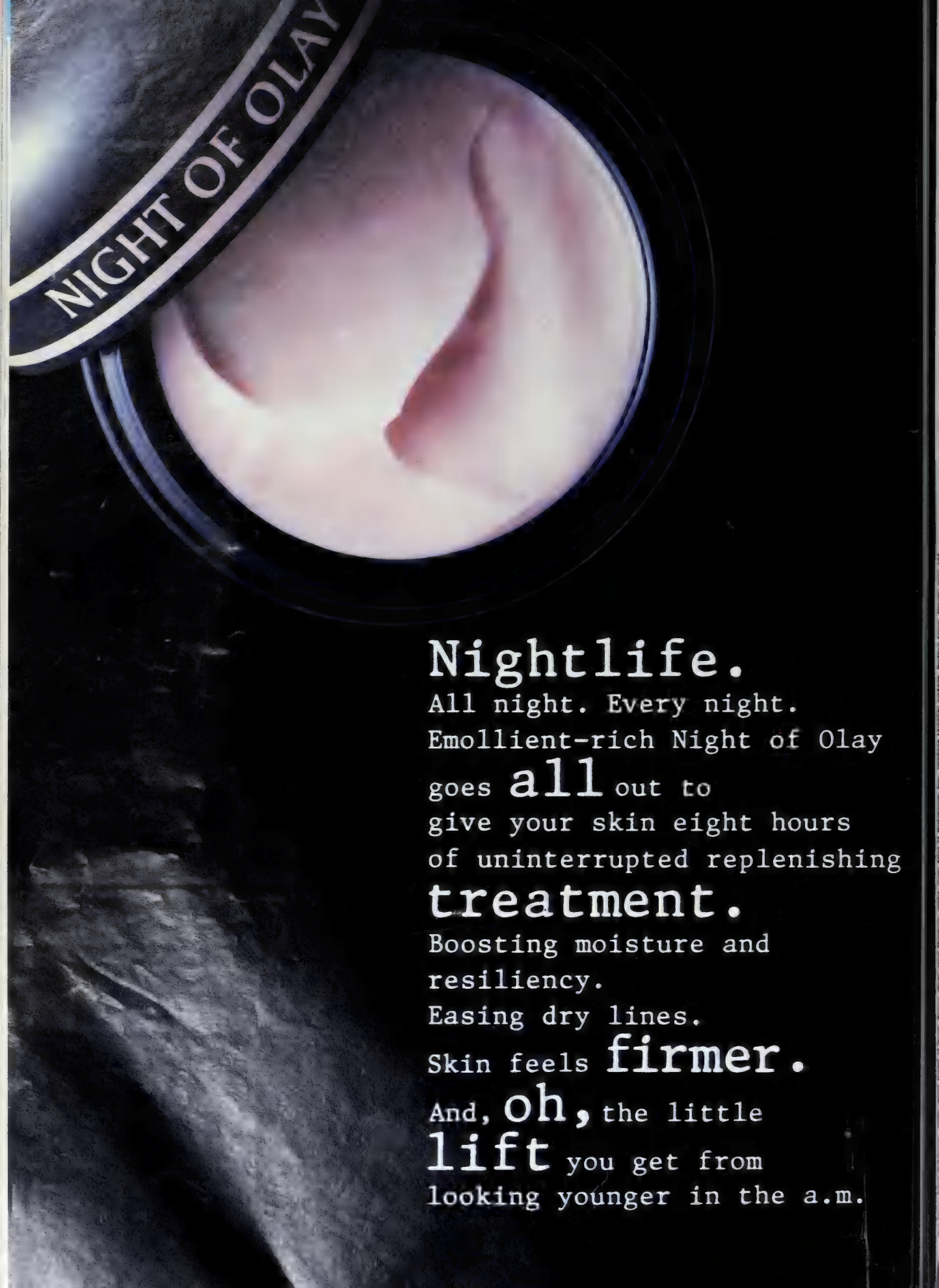
Your car is an important part of everything you do, whether it's a shopping expedition to the mall or striking out on your own. That's why it's important to take it to Mr. Goodwrench.
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All night. Every night.
Emollient-rich Night of Olay
goes **all** out to
give your skin eight hours
of uninterrupted replenishing
treatment.
Boosting moisture and
resiliency.
Easing dry lines.
Skin feels **firmer.**
And, **oh,** the little
lift you get from
looking younger in the a.m.

BEAUTY & FASHION JOURNAL

Spirited ideas for nonstop style

shopping the sales

When prices plunge, punch up your closet! February sales are a perfect opportunity to collect classic styles and seasonless fashions. Here, bargain-hunting hints plus the ten best wardrobe-boosting fashions to buy



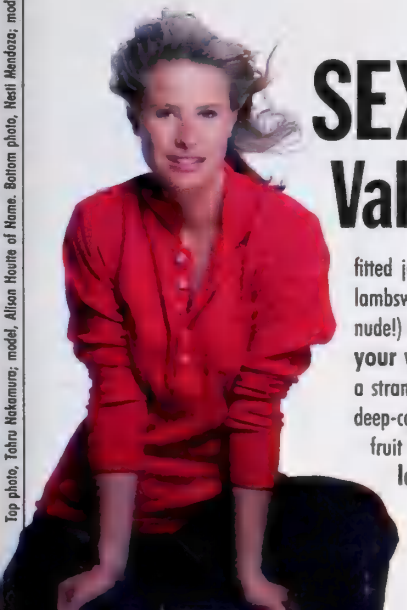
BE SALE SAVVY

■ Don't be fooled by fancy store displays. Merchandisers attempt to get you to buy trendy, hard-to-sell clothing by placing it near escalators, elevators and entrances. Also be wary of accessories displayed near the cashier—a trick to get you to purchase extras while you wait to pay. Save your money for what you're really shopping for.

■ Always choose quality over quantity. Don't go bargain-crazy and buy as much as you can just because it's inexpensive. The items do add up, and they'll probably end up hidden at the bottom of your closet. Be choosy and buy the best you can afford in styles and colors that will wear well and be chic beyond this year.

10 basics to buy now

■ **Shaker-knit cotton sweaters with chunky ribs or cables. They're wearable year-round, ideal for weekends. Choose winter pick-me-up shades like white, pale pink and peach, and brights. If you notice any pilling, the sweater is poor quality—leave it on the rack.** ■ **Classic wool sweaters in crew, turtle, mock turtle or cardigan styles. How to tell if it's worth the price? Bunch the sweater in your hand. If it springs back to shape, it's top-notch. Remember: There's nothing wrong with synthetic blends—they can enhance the quality of knits: 5 to 10 percent nylon adds strength to wool.** ■ **A classic-cut winter coat in a flattering color (camel chesterfields are in). Warming details include full lining, a collar that buttons at the neck, double-breasted styles, flaps to cover buttons or zippers, roomy cut to allow layering.** ■ **A jacket that will update your suits, skirts, trousers—either cropped or longer and shaped with a defined shoulder line.** ■ **An easy white notch-collared shirt with quality details like French cuffs.** ■ **A classic English-style trench coat with a deep yoke, epaulets, belt.** ■ **Forties-style wool trousers or chic equestrian jodhpurs.** ■ **Slim tailored wool skirt in black or navy.** ■ **Bright leather, suede or wool jersey gloves.** ■ **A mock-croc leather clutch.**



SEXY ideas for Valentine's Day

Turn up the heat this February 14 with our hints for saying *amore* with style■ **Radiate in red** You know it's *the* valentine color—provocative and eye-catching—so revel in your favorite red item, be it a sweatshirt or a slinky red jersey dress ■ **Expose your shape** Show off curves in body-hugging sweaters, shapely fitted jackets ■ **Dress oh-so-soft** Sport sensuous, irresistibly touchable fabrics such as buttery suede, silk, satin, lambswool and cashmere ■ **Reveal great gams** Draw attention to lovely legs by donning sheer black hose (never nude!) and sleek, tapered black pumps by day; seamed black sheers, point d'esprit or lacy hose by night ■ **Whittle your waist** Define your middle to the max by cinching on a wide leather or suede belt ■ **Get set to shine** Wear a strand or more of pearls, try a touch of shimmery lip gloss at center of bottom lip, brush on pearlized nail color, deep-condition hair to a shine ■ **Spritz on a sexy scent** Our passion-provoking picks? Warm blends of florals, fruit and, naturally, spice. You'll love Trouble by Revlon and Elizabeth Taylor's Passion ■ **Slip into something lacy** Under it all, fanciful confections definitely count. Capture the rapture in a lace-graced red bustier and briefs or a stretch-lace bodysuit ■ **Focus on femininity** Seek out styles that emphasize a beautiful bosom, such as high-waisted trousers or skirts, an uplifting demi-bra, a surplice wrap sweater ▶

Top photo, Tohru Nakamura; model, Alison Houtte of Name. Bottom photo, Neil Mendoza; model, Sonia Klein of Wilhelmina; hair, Stephane Lempire; makeup, Barbara Camp. Details, page 194.

MAKEUP SECRETS of famous faces

Three top TV stars—Mel Harris of *thirtysomething*, Phylicia Rashad of *The Cosby Show* and Candice Bergen of *Murphy Brown*—go for a natural glow in front of the camera. Try their tricks—you'll look subtly sensational, too!





SUNNY APPEAL

Candice Bergen exudes an outdoorsy spirit—blond highlights underline her golden-girl look. Candice's hair is cut in soft, off-the-face waves to play up her strong bones and widow's peak. She has very deep-set blue eyes, and she brings them out of hiding with lots and lots of black mascara on both top and bottom lashes. She applies barely-there taupe shadow on lids from lashes to brows. Brows are brushed up and stay in place with a brow-fix product. Candice's full lips are treated to lip balm, then a sheer coat of slightly pink gloss, lightly blotted. Her whole face glows—she whisks golden, tawny blush on her high cheekbones, forehead, across bridge of nose and chin.



BRIGHT-EYED ALLURE

Phylicia Rashad concentrates makeup on her almond-shaped eyes. She expertly applies liner and complementary shadows to add depth and maximize shape. First she lines upper lash line as close to base as possible with a fine-tipped, black felt liner and applies taupe liner directly above the black line. Smoky brown shadow shades outer half of lid and outer half of crease—peachy-coral shadow highlights center of lid and browbone. Finally she smudges dark-brown liner beneath lower lashes. Phylicia likes a matte look and tops her water-base, sheer foundation with translucent powder. She balances her eyes with lots of coral blush along top of cheekbones and sheer red color on lips.

Mel Harris looks like she doesn't wear a stitch of makeup—earthy colors and careful blending make the difference. Her naturally lush brows are beefed up with feathery pencil strokes for even more drama and then brushed up to open her eyes. Although Mel actually has small, close-set eyes with little lid space, her long, widely arched brows frame and enlarge the eye area. To enhance her hazel eyes and create more distance between them, Mel softly smudges dark brown pencil along upper lashline and outer half of lower lashline. She then blends light brown matte shadow on outer half of lid. Mel has good skin, so all she needs is tinted moisturizer to let texture show through. She smooths tawny blush on cheek apples, blending up to hairline. Sheer beige-nude lip color adds polish.



GIRL-NEXT-DOOR CHARM

Photos from top: Steve Schapiro/Sygma, F. Ohringer/Shooting Star, ABC/TV; illustrations, David Cooland.

ADVERTISEMENT

Itchy, flaky scalp?

What works and how do you choose.

When you have an itchy, flaky scalp, you want *relief*, but how much can you expect from a treatment shampoo? A lot, say dermatologists, when you use the right formula for your particular condition. And when your problem goes deeper than an occasional "snowfall," many say you can't get better relief than from two therapeutic shampoos made by Neutrogena®: T/Gel® and T/Sal.® Here's how a dermatologist might explain the important differences:

When you have	Occasional dandruff	Persistent itchy, flaky scalp	Itching, flaking, and crusty build-up
Possible Causes	Occasional increase in cell turnover. Changes in the weather. Not shampooing often enough or rinsing well enough.	On-going rapid cell turnover. "Styling cap" from coatings of gels, sprays, etc. Using a shampoo that's ineffective for your condition. Psoriasis or seborrheic dermatitis.	Stubborn cell build-up. Resistant psoriasis or seborrheic dermatitis.
What works	A dandruff shampoo containing pyrithione zinc or selenium sulfide. Use as directed whenever the need arises.	Neutrogena® T/Gel® Therapeutic Shampoo. It's gentle enough to use every time you shampoo, so you'll have full-time control.	Neutrogena® T/Sal® Therapeutic Shampoo: use until the crusty build-up subsides. (Then use T/Gel to control itching and flaking between flare-ups.)
What you can expect	Choice of scents, lathers, consistencies. Widely available. Hair looks healthy and shiny.	Guaranteed relief of itching and flaking. Pleasant to use. Good fragrance, rich lather. Hair looks healthy and shiny.	Guaranteed removal of thick, crusty build-up. Pleasant fragrance and rich lather. Hair looks healthy and shiny.
Conditioning (if needed)	Use an oil-free conditioner to minimize build-up.	Use Neutrogena® T/Gel® Conditioner to extend the therapeutic action of T/Gel Shampoo.	Use Neutrogena T/Gel Conditioner to extend the therapeutic action of both T/Sal and T/Gel Shampoo.
Bottom Line Benefit	Temporary relief when you need it.	Control of persistent itching and flaking.	Pleasant therapy for severe scalp build-up.

You'll find the entire line of Neutrogena therapeutic hair care at your drug store. If not, ask your pharmacist.

Thank you for reading our advertisement.

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SLEEPING BEAUTY

A fairy tale princess in hand-painted porcelain. With "real" eyelashes and a golden tiara with a radiant "pearl."



Gloriously gowned
in rich blue charmeuse and chiffon.
Blissfully asleep on a satin chaise.

Now the beautiful heroine who has captivated generations becomes an exquisite collector doll! Lovingly created by the award-winning artist Gerda Neubacher.

Her enchanting porcelain face is sculptured and hand-painted to portray her delicate features. With "real" e lashes, gracefully feathered. And luxuriant golden h Crowned by a glittering tiara with a lovely faux pe Her charmeuse gown flows with layer on layer of fil chiffon, gold lace and iridescent flowers. Even her gernails are individually painted by hand!

This extraordinary fairy tale doll is available o from Franklin Heirloom Dolls. Specially imported priced at $245, including the elegant satin chaise.



Luxurious collector doll on satin chaise, shown much smaller than actual size of 20" long.

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klin Heirloom Dolls · Franklin Center, PA 19091

se enter my order for Sleeping Beauty by Gerda Neu-
ner, to be crafted in hand-painted bisque porcelain,
umed in luxurious fabrics, accented with a glittering
. Displayed on a beautiful satin chaise.
need send no money now. I will be billed for a deposit of
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equal monthly installments of $49.* each, after ship-
t.

*Plus my state sales tax.



Her golden tiara is adorned with a gleaming faux pearl.

Please mail by February 28, 1989.

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11050 - 177

The princess of your dreams. Only from Franklin Heirloom Dolls.



ultimate tummy flatteners

Developed exclusively for the *Journal* by Tina de Lemps, co-owner of Body By Jake and Tina Exercise Studio in NYC, these belly blasters are simply the best we've ever seen! Do them all diligently, and you're sure to banish that post-holiday bulge in no time. P.S. Remember to consult your doctor before beginning this or any exercise program.

UPPER ABDOMINALS

■ Lie on back, knees bent, feet on floor, hands laced behind round part of head, elbows out to sides. Round upper body up, bringing elbows close to head and toward knees. Take two counts to round up and two counts to round down to floor. Do twenty times. On the twentieth repetition hold upper body up; pulse elbows toward knees thirty times.



starting position



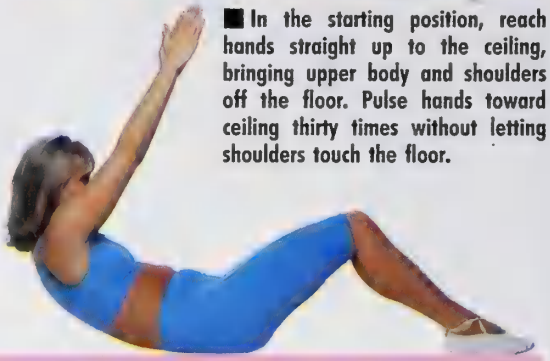
round-ups

■ In starting position, reach hands out over knees, bringing upper body and shoulders off the floor. Pulse hands over knees thirty times without letting shoulders touch floor.



knee reaches

■ In the starting position, reach hands straight up to the ceiling, bringing upper body and shoulders off the floor. Pulse hands toward ceiling thirty times without letting shoulders touch the floor.



sky-high pulses

ENTIRE TORSO

■ Lie on back as shown. Lift upper body up and over on diagonal toward right knee while extending left leg until almost straight. With shoulders off floor, immediately switch to left side, right leg straight out. Do twenty times, alternating legs slowly.



starting position



side twists

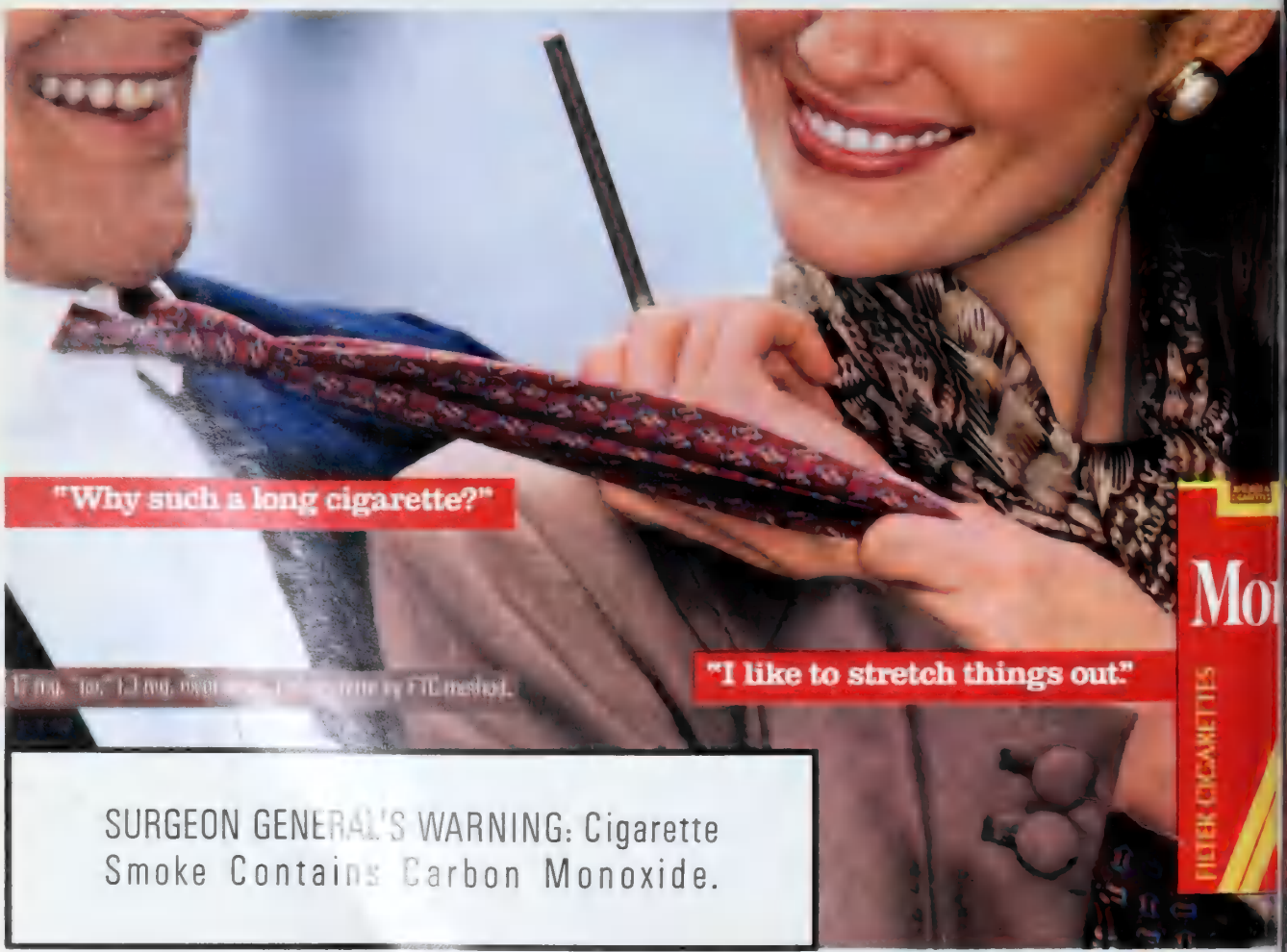
Photos, Nesti Mendoza, except top, Christol Gstalder; model, Sonia Klein at Wilhelmina; makeup, Barbara Camp; hair, Stephane Lempire, Deioris, page 194.


COOL WOOLS
excitingly seasonless
THERE'S ALWAYS A GOOD REASON
TO BUY WOOL... A QUIET SENSE OF WELL BEING.
AN INNER CONFIDENCE. AN AIR OF STYLE.
ISN'T THIS WHERE YOU WANT TO BE?
ANNE KLEIN II
PURE WOOL

MORE announces the "I wish I'd said that!" Comebacks Contest. Give us a clever comeba and MORE will give th winner $25,000!

It's that simple! Show us the stuff MORE smokers are made of—and give them some color responses for those who don't understand the greater smoking satisfaction MORE delivers. Loo the sample ads on these pages. Answer all three questions on the entry form with your comeba You could end up $25,000 richer!

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ive Us Your Comeback.

How can you smoke that?"

"

Why smoke a brown cigarette?"

"

How long does that cigarette last?"

"

MORE "I WISH I'D SAID THAT" COMEBACKS CONTEST
OFFICIAL RULES • NO PURCHASE NECESSARY

To Enter:

ial entry form or plain piece of paper (no larger than 8½" x 11," one side only), legibly hand print or type your name, address (including zip code), work and home (day ephone numbers and your "Comeback" to the following three contest questions appearing in our ad: (1) "How can you smoke that?" (2) "Why smoke a brown) "How long does that cigarette last?"

ntry, with first-class postage affixed, in an envelope no larger than 4⅛" x 9½" (#10) to: MORE Comebacks Contest, P.O. Box 4009, Blair, NE 68009. Enter as often as each entry must be mailed separately. Entries must be received by March 31, 1989. We cannot be responsible for lost, late or misdirected mail.

received will be judged based on the following: originality and creativity—70%; appropriateness to subject matter—30%. All judging will be under the supervision of the rporation, an independent judging organization whose decisions are final. One Grand Prize of $25,000 will be awarded. The Grand Prize winner will be notified by mail uly 14, 1989. Grand Prize winner will be required to sign and return an Affidavit of Eligibility and release within 30 days of notification. Any prize notification or prize sponsor or the D.L. Blair as undeliverable will result in disqualification and an alternate winner will be selected. Entries must be the original work of the entrant, not previously published nor having won a previous prize or award. All entries become the exclusive property of R.J. Reynolds Tobacco USA and none will be returned. to the use of entrant's Comeback, name and/or likeness in any manner without additional compensation.

st is open to residents of the U.S., 21 years of age or older at time of entry. Employees of R.J. Reynolds Tobacco USA, its affiliates, subsidiaries, advertising and encies and the immediate families of each are not eligible. Void where prohibited by law. All federal, state and local laws and regulations apply. Noncompliance within od will result in the selection of an alternate winner. No substitution or transfer of prize permitted. All federal, state and local taxes on prize are the sole responsibility of

me of the Grand Prize Winner, available after August 4, 1989, send a separate, self-addressed, stamped #10 envelope to: MORE Comebacks Winner, P.O. Box 4012, 09.

OUT AND REDEEM AT YOUR STORE:

PRINT NAME FIRST LAST

STREET Apt./Lot # CITY STATE ZIP (REQUIRED)

MALE ☐ FEMALE ☐ SEX AGE MY USUAL BRAND IS



LOWER ABDOMINALS

■ Lie on floor, knees bent, fists under hips to support lower back. Round head and shoulders off floor. Raise both knees so they're above hips. With both legs at a 90-degree angle, feet flexed, slowly lower right heel to floor, and bring it back to starting position. Repeat with left heel. Alternate thirty times. Advanced exercisers can lower both legs to floor at same time.



starting position



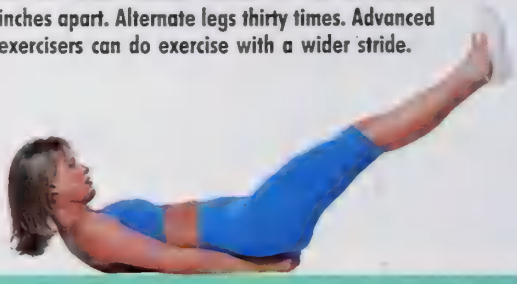
heel taps

■ In starting position, press right heel out and up toward ceiling with leg at a 45-degree angle. Return to starting position and repeat with left heel. Slowly alternate legs thirty times. Advanced exercisers can press both heels out at same time thirty times.



kickouts

■ In starting position, extend both legs out at a 45-degree angle. With feet flexed and knees slightly bent, alternate legs as if you were walking on the wall. Strides should be six to twelve inches apart. Alternate legs thirty times. Advanced exercisers can do exercise with a wider stride.



wall walk

OBLIQUES

■ Lie on back, hands laced behind head, left foot on floor, right ankle on left knee. With elbows in your peripheral vision, lift upper body up and over on diagonal toward right knee (don't lean on right elbow), then lower to floor. Do twenty times and on twentieth repetition (see photo below), hold upper body up, extend arm to reach past outside of right knee. Pulse body up on diagonal thirty times. Repeat on other side.



starting position



crunches



NEW PRODUCTS ■ Two hair-styling innovations from Clairol: Crazy Swirl, a spiral-shaped curling iron that creates corkscrew curls; and Crimping Iron, for a crimped look in minutes ■ Jergens has just introduced Eversoft, a nongreasy lotion designed to soften the driest skin even through hand-washing ■ Love red? Check out Max Factor's Dressed to the Reds Collection: Lasting Color Lipstick, Diamond Hard Nail Enamel and Highlighting Powder for a warm winter glow.

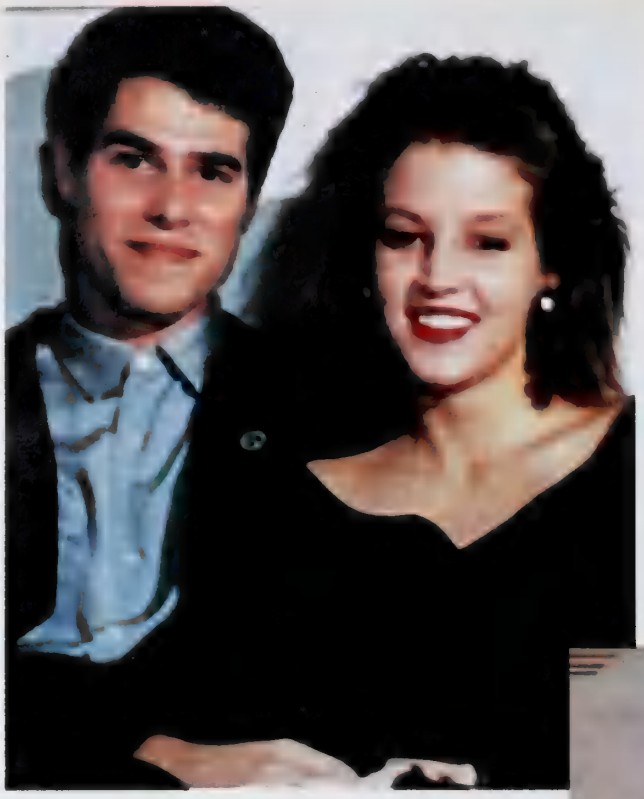
Nasti Mendoza

STAY ACTIVE with a shaped pad that's thicker in the middle to really protect your shortest shorts, latest leotards, and active afternoons.



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Graceland's sheltered heiress is now a striking twenty-one-year-old wife who's starting her own family—and maybe a music career



PRINCESS PRESLEY

Elvis' little girl grows up

Her daddy was the King, the greatest rock-'n'-roll star the world has ever known. Women of all ages sighed over his love-me-tender sexiness; men of all ages wanted to step into his blue suede shoes.

Yet for much of her life, Elvis Presley's little girl, Lisa Marie, was sheltered from the public that adored her father so. Mother Priscilla guarded her daughter's privacy with a fierce protectiveness, particularly after Elvis' sudden death in 1977.

Lisa Marie was kept so far from the limelight, in fact, that she almost couldn't grasp her father's fame. "I told her that Led Zeppelin once came to meet her dad at the Forum in L.A., and she couldn't get over that!" recalls Elvis' stepbrother Rick Stanley. "She was really impressed. I said 'Lisa, you've got to understand, all these rockers thought your dad was IT.' She was so taken aback. I told her, 'They all wanted to meet your dad—the Beatles, the Stones, Elton John.' She said: 'I had no idea.' When Lisa finally understood how all these groups freaked out over her father, it made her feel real good."

By Ron Smith



The newlyweds, top; Priscilla's wedding photo. The two women have had their troubles but are now closer

Now the pampered Princess Presley is *(continued)*

Photos from top: AP/Wide World, Pictorial Press/Star File, UPI/Bettmann Newsphotos

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celeb

finally stepping onto center stage herself. This month, Graceland's little darling turns twenty-one, and, judging by looks alone, she's clearly an adult. Her heavy-lidded eyes smolder, just like her dad's did, and her lip curls with the same sensuality; tint her long blond hair black, and she'd look almost exactly like her father.

And now that she's no longer a child, Lisa Marie is making news—not to mention commercials.

Headlines trumpeted her October 3 marriage to L.A. rocker Danny Keough, a journeyman guitar-player, and blared out the announcement that she was already carrying what would have been Elvis' first grandchild. The marriage was barely a month old before it was rumored to be headed for the rocks. The rumors were consistently denied. On the professional side, Lisa Marie made her show-biz debut by co-starring in an Oldsmobile ad with her mom. (Lisa Marie received $250,000 and a new car.)

The commercial pokes fun at the strict way Priscilla raised her daughter. First, Lisa Marie complains about how Mom always "put her foot down" when she was growing up. Then Mom drives up in a new Olds, and Lisa climbs on board. They both laugh as Priscilla says, "I put my foot down," and they speed off into the sunset.

The relationship between this strong-willed mother and daughter has not always been a laughing matter; Priscilla was not thrilled, for instance, with the rushed nature of the wedding necessitated by Lisa Marie's pregnancy.

"As long as she's happy, I'm right with her," Priscilla has said. "I'm not happy that it was so quick. I envisioned a big wedding with all our friends, but we'll make it up."

A simple wedding

Danny, in a dark suit, and Lisa Marie, in a knee-length pale-pink silk dress, were married at the Scientologists' Celebrity Center chapel in L.A. before only a handful of guests, including Priscilla and her parents, her sister Michelle, and a few friends. Like the wedding, the honeymoon was very hush-hush. The couple took a cruise to the Caribbean, sailing aboard the SMV *Freewinds*, a ship that's owned by the Church of Scientology, with only other church members as fellow passengers. Danny, like Priscilla and Lisa Marie, is a longtime member of the controversial sect.

There has been speculation that Danny is a fortune hunter, but if he is, he'll have to be patient. In a surprise move just last July, Lisa Marie and Priscilla agreed to delay her inheritance of Elvis' fortune five years, from her twenty-fifth to her thirtieth birthday.

Many Presley watchers interpreted the postponement as a declaration that Lisa Marie—a high school dropout—was not yet ready to run the $50 million Graceland estate. Some whispered that Priscilla had hoped putting off the inheritance would act as an anti-gigolo device.

Several of Lisa Marie's relatives feel she is still too young to be burdened with the problems of Graceland's management. They feel it is being capably run now, and that Lisa Marie should have time to enjoy her new life with Danny. According to Elvis' cousin Edie Hand, Lisa Marie will always be strongly attached to Graceland. "She enjoys coming back and visiting with her aunts and childhood friends," she says. "The third floor is where her dad stayed and where her room was. That's where she stays. It's quiet." She can also look out her window and see her father's grave as well as recall a thousand memories of her days at Graceland.

Lisa Marie was born on February 1, 1968, exactly nine months to the day after Elvis and Priscilla's marriage on May 1, 1967. (Elvis had refused to let Priscilla use birth control pills because he considered them too dangerous.)When Elvis first laid eyes on his newborn daughter he marveled, "I can't believe that I made a part of this beautiful child."

Still, the Presleys hadn't exactly planned on a baby so soon. When her pregnancy was confirmed, Priscilla had mixed feelings about it. "I wanted to be beautiful for him. Instead, my first year as Elvis' wife was going to be spoiled by a fat stomach, puffy face and swollen feet."

Memories of Graceland

But nothing could spoil Graceland for Lisa Marie, who saw it as a cross between paradise and an amusement park. As Elvis' aunt, Nash Presley Pritchett, recalls,

"Lisa Marie," said Aunt Nash, "you're like your father. You know one speed, and that's wide open."

"Lisa Marie actually did live a storybook life. She loved Graceland and all the freedom it gave her. She had fourteen acres to run around on." Lisa Marie loved riding her horse and swimming in the pool behind the house. "And while other kids rode bikes or scooters, Lisa Marie would speed around in her own golf cart that Elvis gave her. She'd drive all over the yard. I told her one day: 'Lisa Marie, you're like your father. You know one speed, and that's wide open.' "

While Graceland was a dream for her daughter, it often turned into a nightmare for Priscilla. An old friend of Elvis', J.D. Sumner, once said: "The only thing a woman has got is her home, and Priscilla didn't even have that. Elvis had twenty bodyguards in the house at all times."

Eventually Elvis and Priscilla separated for good. Elvis was constantly on the road, and both had strayed into extramarital affairs. Lisa Marie was only five at the time of the split and went to Los Angeles to live with her mother. Her father was allowed very liberal visitation privileges, and Lisa Marie frequently returned to Graceland and her doting daddy. He bought a jet, named it the *Lisa Marie* and flew her to Las Vegas to watch him perform. On another occasion, he spent $30,000 to fly her to Utah so she could romp in the snow.

But all of the King's lavish gifts could not give Lisa Marie what she really wanted—a happy family. That fact was driven home at her fifth birthday party. Elvis showed up with his new girlfriend, Linda Thompson, but at one point he spoke to Priscilla *(continued)*

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her favorite gift from Elvis. She seemed to be trying avoid the truth. As Priscilla wrote in her book, *Elvis an Me*, Lisa "ran out and rode around in her golf cart again knew it was her way of avoiding reality."

Soon the two would escape the reality of Elvis' deat together. They left the country, spending three months Europe. When they returned, it was to face another sa fact: Elvis' estate, to which Lisa Marie was the sole hei was valued at just $5 million, although he had sold mo than $500 million worth of records. In addition, he ma many millions more from his movies, concerts a TV specials. According to *The Commercial Appeal*, th newspaper in Memphis, Presley's manager, Colon Tom Parker, took a full 50 percent commissio and his publicity agency, William Morris, took a other 10 percent. In 1973, Parker sold master tapes seven hundred Elvis songs to RCA for $5.4 million. As result, only a fraction of the money made from tho songs ever made it into the singer's bank account.

When Priscilla took control as co-executor, she took active role in the decision-making that brought the esta back to its current healthy status.

While the limited assets were shocking to Priscilla, s was still rich by any standard. Elvis had taken care her in their divorce settlement. She received $750,000 cash and $6,000 a month in alimony. Elvis paid an ad tional $4,000 a month in child support. As co-executor the estate, Priscilla allotted Lisa Marie a monthly allo ance from the estate after Elvis' death.

But Priscilla never found security in her personal li After a number of unsuccessful affairs, her first lasti relationship was with model Michael Edwards, whom s met at a Hollywood party in the late seventies.

Edwards soon moved in, *(continued on page 5*

■ PRINCESS PRESLEY

continued

privately. When they had finished, Lisa Marie rushed over to her father and said, "Didn't you make things so we can be together again, Daddy?"

The strain on her parents' faces revealed that no amount of wishing could make it so; Elvis and Priscilla were divorced in the fall of 1973.

It was only four years later that Lisa Marie would lose her daddy forever. On August 16, 1977, the King died of heart failure, beaten by too many years of fast living.

The King is dead

"I used to see my dad take pills, but I was so young that I didn't think anything about it," Lisa Marie has said. "But all the bad things never changed my love for my dad."

Nine-year-old Lisa Marie was at Graceland on that day, enjoying her summer vacation. As Aunt Nash remembers, "She and a little friend were in her room upstairs, which was just across the hall from Elvis' dressing room." When the house filled with strangers, the frightened child came out. According to Edie, she ran down the hall a moment later and cried out: "They can't wake my daddy up. Something's wrong!"

When Priscilla, in California, heard of Elvis' death, she was immediately concerned for Lisa Marie.

"When Elvis died, I had only one thought," she told the press. "I had to get Lisa away from that mess." Priscilla immediately flew to see her daughter.

When she arrived at Graceland, she found Lisa Marie riding around and around in the golf cart that had been



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■ PRINCESS PRESLEY

continued from page 48

and he remained with the Presleys during Lisa Ma most sensitive and formative years, eleven to eighteer

A troubled childhood

The girl seemed enigmatic to Edwards. After he move with Priscilla, Lisa Marie remained moody, quiet aloof. Priscilla had to explain to him, "Lisa Marie come to you when she's ready."

She maintained a low profile at the various exclu private schools she attended throughout her teen yea was a crowd Lisa Marie felt uncomfortable with, and would drop out after her junior year. "At those schools, I turned into a spoiled brat," she said recentl never got along that well, because there was nothi could apply to my own life."

Priscilla continued to protect her from the media overzealous fans. She screened the piles of fan mail arrived for her daily.

In many other respects, Lisa Marie was like any gir age. She loved McDonald's and dressing like her fav rock star, Pat Benatar. Pictures of Lisa Marie and l lined the hallway outside her room, but her own walls reserved for rockers of her day like Billy Idol and the S Cats; today she admires the Irish supergroup, U2.

Inside, Lisa Marie remained unsure of herself. Th she was constantly complimented on her looks, she Edwards, "I'm not pretty . . . I'm funny-looking."

"Lisa Marie wasn't happy in Beverly Hills," Edw says. "At Graceland, everyone doted on her. She had run of the place. She ordered everyone around like a m ture Elvis."

Priscilla soon discovered there was a limit to the co she could exert on her daughter. By age fourteen, teenager was starting to turn boys' heads—just as mother had caught the eye of a young private who stationed in Germany when *she* was only fourteen.

At one point, according to Edwards, Lisa Marie too with a very unsavory character. "He was a [drug] dea he says. Priscilla tried to break up the relationship but spared the effort when Lisa Marie was cruelly dum

"She was used badly," Priscilla says today. "The ex ence set her back a couple of years. He was a ter influence on her life. We were both hurt by it, but t the kind of thing you have to overcome."

Lisa Marie was not completely innocent as far as d were concerned. "I was just in this rebellious stage," Marie has said. "The drugs were part of that. I started with sedatives and then got into pot. I know that a l people would ask, 'Why did you do that if your father from drugs?' But at that age I didn't look at it like th didn't want to confront it. I have to learn things by my I won't go near drugs again."

"It's not easy raising a daughter, especially in Los A les," Priscilla recently said. "I'm not going to say Marie hasn't tried alcohol and drugs. She's gone thro everything other teenagers experience. But she's n been to a rehabilitation center, and she isn't on drugs.

Lisa Marie did not settle down scholastically, howe "As far as school goes, I knew I was either going to there and die, or I was going to have to get out. dropped out. I regret it now."

After leaving school, she asked for her own apartm Aside from a mother's normal worries, Priscilla had legitimate fear of Lisa Marie's being kidnapped. Still, let her go, paying the rent on her new apartmen Westwood as well as her living expenses. *(contin*


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ly report that Lisa had wed Danny, a bass player plays gigs around the L.A. area and has performed n than once at Mad Hatter Studios, owned by fellow Sc tologist and jazz musician Chick Corea.

Now that Lisa Marie has come of age, family mem hope she'll open herself up to the rest of the world Aunt Nash's opinion, the time for hiding is over. "If don't say anything, people are going to come to their conclusion, and many times it's the wrong one."

The wrong impression is that Lisa Marie is still morose, troubled, drug-plagued girl she was in her e teens. Says Michael Edwards, "Lisa Marie today wonderful, beautiful young lady. She's a real sweet g

More than a decade after his death, the legend of E looms large, but it doesn't intimidate his daughter. Marie says, "I remember him very well. It was a intense feeling to have him around. You would know was there in the house; you'd know he was there when drove up the driveway. He was just a very powerful pe spiritually." Adds Priscilla: "We're more comfortable lis ing to his music than we were in earlier years, and we freely about him and share wonderful memories."

And so Princess Presley seems to be coming to te with her legacy, and with herself. She's begun her family, and rumors persist that—with the encourager of her husband—Lisa Marie is thinking about eventu making music. "A couple of months ago, I decided to s writing poems and lyrics," she said recently. Prisci advice: "I've explained that if she decides to do anyth she'd better get some training."

Whether she eventually follows the King into the ily business, these days you can almost hear Prin Presley singing her own version of one of his songs: in love . . . I'm all grown up."

■ PRINCESS PRESLEY
continued

But with the apartment came new problems. Rumors of feuds between mother and daughter hit the tabloids. There were reports that Lisa Marie was having wild parties while Priscilla was helplessly watching in anger. Lisa Marie just called the reports "unfair," according to her aunt Nash.

By this time, Priscilla had another child to worry about. On March 1, 1987, she gave birth to her first son, whom she named Navarone. The child's father is Marco Garibaldi, a handsome screenwriter who began living with Priscilla in 1985. Lisa Marie chose to be in the delivery room when Navarone was born. And after less than a year of being out on her own, she came back home to help Priscilla take care of her baby brother. "He's an incredible child," Lisa Marie said recently. "I plan to raise my kids the way my mom does the little one."

A new beginning

Priscilla wasn't the only one with whom Lisa Marie was developing a strong bond. Her relationship with Danny Keough also seemed to be taking off. The two met at the Scientology Celebrity Center, and they soon grew as close to each other as they were to the church. That didn't stop the gossip, though; stories linked Lisa Marie with such unlikely people as comedian Eddie Murphy and fifty-three-year-old rocker Jerry Lee Lewis. She also reportedly signed a recording contract.

It was all untrue. Columnist Suzy reported one day that Lisa was jet-setting in Europe and dating Prince Albert of Monaco. The very next day she had to sheepish-







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By Sally Squires

home medical tests

One of today's hottest health trends is the use of medical tests you perform in the privacy of your home. In the past five years, sales of these tests have more than doubled, rising from $348 million in 1984 to an estimated $736 million this year. When used correctly, they're as accurate as tests performed in a clinical setting, according to Tom Tsakeris, deputy director of the Food and Drug Administration's division of clinical laboratory devices.

To get the best results from any self-administered test, follow these tips: ■ Don't use a test that has expired. ■ Don't expose tests to extreme temperatures; follow storage directions. ■ Read instructions *before* starting the test. ■ If appropriate, time tests with a stopwatch or clock with a second hand. ■ Report results of all home medical tests to your doctor; they are *not* a substitute for regular medical care.

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Dental plaque	$1-$2 (for dental mirror); $1-$2.50 (for dye tablets)	1 minute	■ To check for destructive plaque that brushing and flossing miss. Swirling chewed tablet in mouth dyes plaque red or purple so it can be spotted easily.	■ Temporarily stains teeth.	Red-Cote
Colon cancer	$7	30 seconds to 16 minutes	■ Early detection of cancer, which may be signaled by minute amounts of blood in stool. The most common method involves swabbing a small amount of stool on a specially treated card and checking for color change.	■ Also detects blood from other sources, including severely bleeding gums and digestion of red meat or irritating substances like horseradish.	Early Detector
Diabetes, kidney disease, other ailments	$6-$50 per 100 strips	2-3 minutes	■ Detection of many diseases and disorders. Test strips are dipped in urine sample; color changes are compared with colors on a chart.	■ Don't perform test while menstruating, since blood can bias results. Avoid contaminating urine sample with soap or other substances.	N-Multistix SG Strips and Multistix 10SG; Chemstrip; Tes-Tape
Vision problems	free to $50 (for kits containing extensive tests)	2-3 minutes	■ General vision screening by looking at eye charts.	■ This does not substitute for periodic eye exams by your optometrist; results must be checked by a doctor even if all tests are passed.	For free kit, write: National Society to Prevent Blindness, 500 E. Remington Rd., Schaumburg, IL 60173
DIAGNOSIS					
Pregnancy	$8-$15	5 minutes to 2 hours	■ Early detection of pregnancy by analyzing color change in a chemically treated urine sample.	■ Since tests may yield false-negative results and can fail to detect ectopic pregnancies, results should always be double-checked by a doctor.	EPT stick test and EPT plus; Daisy and Advance; First Response Pregnancy Test
MONITORING					
Ovulation prediction	$20-$25	20 minutes to 1 hour	■ To forecast best times for conception.	■ Success of test relies on a woman knowing her cycle. Women with longer cycles need to test earlier and longer.	Tampax First Response Ovulation Predictor Test
Blood glucose	$12-$20 for finger-stick device; $45 per 100 test strips	1-2 minutes	■ Allows diabetics to keep track of blood-sugar levels.	■ Finger stick is used to draw a drop of blood, which is then analyzed on a test strip.	Chemstrip bG, Glucostix
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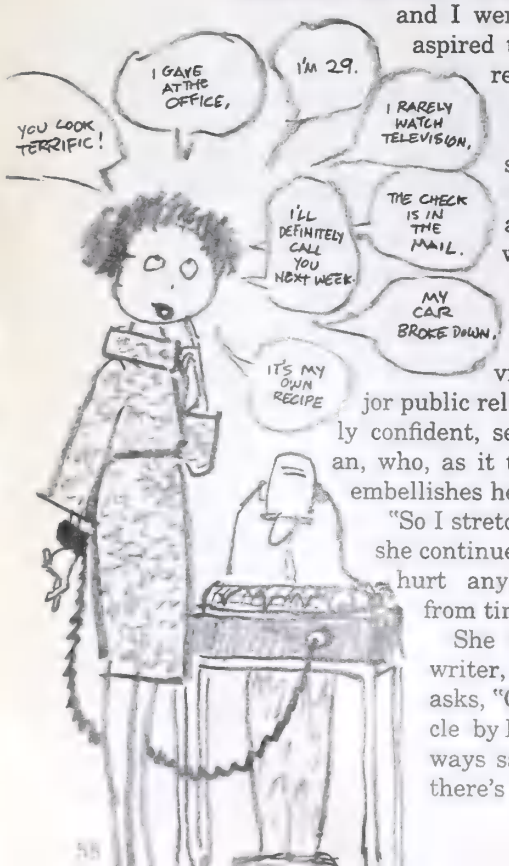
The truth about lying

You can't help wondering what happened to the legacy of Honest Abe. Have we lost the ability to tell right from wrong?

By Margaret Jaworski

I have a confession to make," my friend Emily said somewhat sheepishly as we sat discussing this article over lunch. "Yesterday, I told a colleague I'd been a cheerleader in high school."

Why, I wondered aloud, would she lie about something like that? In the sixties, when Emily and I were in high school, one aspired to be a rock star or a revolutionary—not a cheerleader.



"I don't know," she said. "But my friend was impressed. And anyway, I always wanted to be a cheerleader," she added with a shrug.

Now Emily is a vice-president at a major public relations firm, a seemingly confident, secure, successful woman, who, as it turns out, occasionally embellishes her accomplishments.

"So I stretched the truth a little," she continued defensively. "I didn't hurt anybody. Everybody lies from time to time. Don't you?"

She had me there. I'm a writer, and when an editor asks, "Can you finish the article by Friday?" I almost always say yes, though I know there's a good chance I won't be able to deliver. On the other hand, when that same editor tells me, "The check is in the mail," I hang up feeling insulted—then dial American Express and give the same line to the nice lady in the accounting department.

Has it always been this way, or is it only recently that lying, fibbing and stretching the truth has become as intrinsic to everyday life as, say, brushing one's teeth (which is probably the activity that inspires the most lying among small children)? Whatever happened to honesty?

THE AMERICAN WAY

"There is actually a kind of cultural folklore that lying is expected," notes Bruce Jennings, of the Hastings Center, a private research center on ethics in Briarcliff Manor, New York. Certainly, the recent scandals—from the Iran-contra affair to insider trading on Wall Street—have borne out that expectation.

"When you see lying in the public arena, it tends to make people feel it's more acceptable," says Rose Marie Tong, Ph.D., associate professor of philosophy at Williams College, in Massachusetts. "Trust is eroded, and you can't take what anyone says at face value. That's a real loss to the human community."

Indeed, most Americans think the problem has gotten worse: Over half those questioned for a recent national magazine survey believe people are less honest today than they were ten years ago; seven out of ten say they are dissatisfied with current standards of honesty.

THE BEGINNINGS OF HYPOCRISY

The process starts early. As children, we are encouraged, albeit inadvertently, *(continued)*

Bob Weber

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THE TRUTH ABOUT LYING
continued

to skirt the truth: "Tell Grandma I'm in the shower an call her tomorrow," a friend instructed her five-year-ol we sat at the kitchen table casually discussing lying. ther of us missed the irony.

Right or wrong, life would be difficult, perhaps unb able, without such face-saving excuses—they are salves, the ointments we use to soothe other people's ings. Virtually everyone tells little white lies. But v about lying that isn't so benign? Not surprisingly, fewer admit to that offense. When asked "How often you told a real falsehood—not just a white lie—to som in your family?" 21 percent said once in a while; 46 per said only rarely; 28 percent said never; and 4 per admitted to lying often.

THE MANY FACES OF FALSEHOOD

According to John Benson, senior research librarian of Roper Center for Public Opinion Research, we tend t about things that boost our social acceptability. Rese seems to point to four basic types of lies:

Lies of expediency—"I must have it by five P.M."; "I ca earlier but your line was busy." We use these the most think they will get us what we want more quickly.

Lies of self-enhancement—"I'm a natural blond";"I *(contin*

Who tells the most lies?

According to a recent survey of five hundred adults conducted for Decipher, Inc., in conjunction with the launch of their new game, Telling Lies, those most likely to lie are males aged eighteen to twenty-four who have some college education, earn $15,000 to $30,000 a year, vote Democratic and live in New England. Who is the most truthful person in America? Probably your grandmother. Th survey revealed that those least likely to lie are females sixty-five and older with some high school education; they earn less than $15,000 per year, vote Republican and live in the deep South.

In general, more women than men said they always tell the truth—57 percent versus 47 percent. What's more, honesty seems to increase with age: Among respondents sixty-five and older, 76 percent said they always tell the truth compared with 27 percent of eighteen- to twenty-four-year-olds. In only one instance would senio citizens admit to acting less truthfully than their younger counterparts: If their best friend's spouse made a sexual advance, only 52 percent of those sixty-five and older would tell their friend while a whopping 79 percent of the younger generation would.

In the survey, respondents were asked to reveal how they would respond to some sticky situations. For example, there's the issue of found money, and here the gender gap was more apparent. Asked t imagine whether they would keep money accidentally scattered on the highway from a security truck, 28 percent of the men said they would, but only 17 percent of the women admitted to sticky fingers. From a geographical point of view, nearly half of those in the New England states (46 percent) said they would keep the bills, whereas only 14 percent of farm-belt folks would do the same. (Hey, New Englanders: What's going on up there?)

And, finally, a work-related issue: If you made a big mistake on the job that might never be discovered but still could cost your company a lot of money, would you tell your boss? Most of the respondents said they would 'fess up, though eighteen- to twenty-four-year-olds were the least likely to shoulder the blame.

So how do *you* stack up?

A Tribute to *The King*



- Limited edition plate
- 3mm border of 23K gold
- Actual size: 10¼"

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Respond by: **February 28, 1989**

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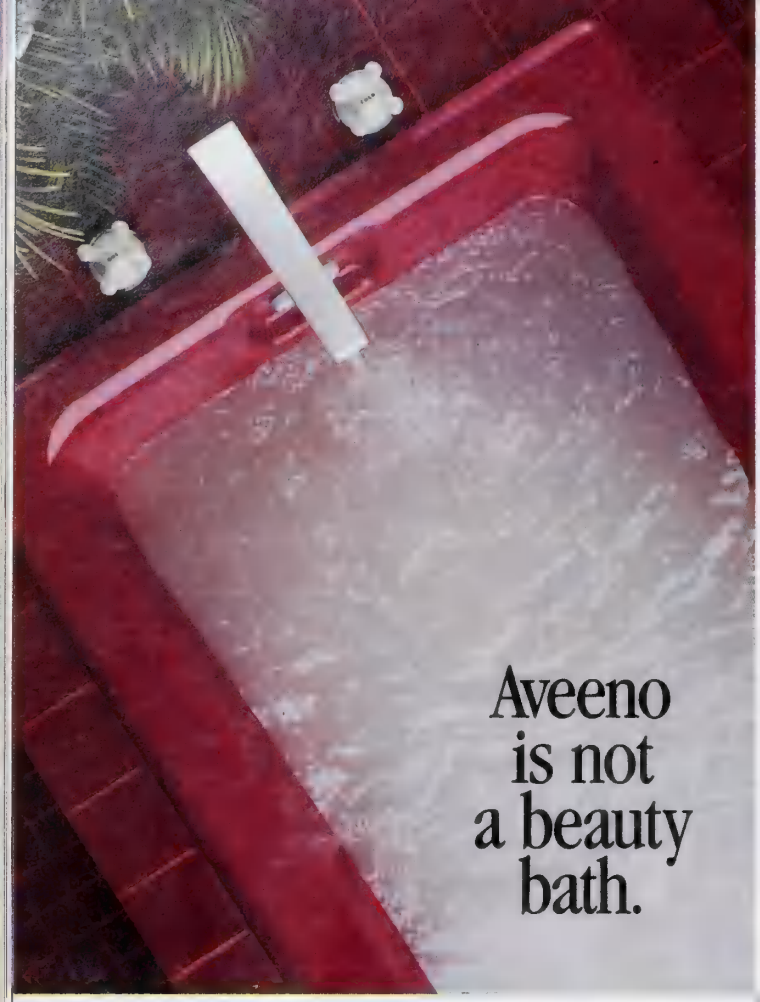
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THE TRUTH ABOUT LYING
continued

exercise every day"—make us feel better about ourselves or gain us entrée, we believe, into a desired group.

Lies of avoidance—"I'd love to go, but my in-laws are coming for dinner"; "I have to be out of town the night of your party"—provide us with handy excuses that others can believe, or at least pretend to believe.

Lies of altruism—"I thought it would be better if she didn't know the truth"—are actually cases of lying to ourselves to justify the lies we tell others.

"And that," points out Bruce Jennings, "can be dangerous and self-deceptive." Take the example my single friends invariably cite: The guy who says, "I'll call you tomorrow."

"That's the rationalization a man uses," Jennings says. "He tells himself, 'I'm lying to protect her feelings,' but in fact, he's doing it because it saves him a hassle."

Of course, when we are lied to by someone from whom we expect the truth, it can be particularly hurtful. In such cases, our children are the most vulnerable, for when you send the message to a child that people can say things they don't mean or bend the truth if it happens to be expedient—without negative consequences—you may well end up with an adult who thinks it's not only okay to lie, it's easier than telling the truth.

THE EASY WAY OUT?

"Not long ago, I'd been on the phone making airline reservations," recalls my friend Judy. "My five-year-old daughter, Kate, overheard me tell the clerk she was three so we'd qualify for a family discount. When I hung up, Kate looked at me and asked in the most sorrowful voic 'Mommy, why did you lie about me?' How could I explai to her why I did it? I felt absolutely terrible."

Why does lying seem so much easier than telling th truth? Doesn't the intimacy of the relationship betwee husbands and wives, parents and children, friends an lovers, demand more in the way of honesty? Most of u would like to think so, yet for some reason we still act a though the repercussions of telling the truth are wors than those of telling a lie.

"We lie because we don't have the time, energy o desire to really work through all the pain a close relatio ship takes," says Rose Marie Tong. "It takes a specia kind of courage to strip through the layers that obstruct relationship. People take the easy way out.

"Also, in this competitive culture, many people fe forced to lie about their achievements," she continue "They bolster themselves because they think that people truly knew who they were, they'd be disappointed.

So what can we do? For starters, we need to be willin to accept the truth from others if we want others to b truthful with us. That means instilling and reinforcing value system in which the rewards for truth telling a greater than the punishment for lying.

We also need to disavow the notion that since mo things in life are relative, so is the truth.

In the end, lying does something to us as people; w become so masked we don't know who we really ar Sometimes, dropping that mask takes more than a litt effort. So if you can't summon up the courage to tell th whole truth and nothing but the truth, at least start wit a half truth and work your way up from there.

Margaret Jaworski is a New York–based free-lance writ



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IS GENTLE GEN

You're probably giving more thought these days to what you put into and onto your body. Here's news that may be important to you.

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home

Are you tired of your same old plants? Looking for something unique yet easy to grow? Here, six selections guaranteed to brighten up your home

the best new houseplants

Just in time to combat the winter doldrums is an array of new, fun-to-grow houseplants. From an almost indestructible hanging foliage plant to a dwarf banana tree that will actually provide you with bananas, the plants listed below are sure to add color and interest to your home. Available at most garden centers and nurseries, they are easy to grow and require only a small investment of time and money.

(Note: Except for the banana tree, the following plants require good drainage. Check this by removing the plant from its pot. If there is no drainage material at the bottom, add an inch of pebbles or broken flowerpot pieces to the pot and replace plant.)

By Theodore James, Jr.



BLUE MIST
lithodora

This small plant from Spain has diminutive heart-shaped leaves and a profusion of sky-blue, bell-like flowers. Blue Mist blooms continuously throughout the winter season, brightening up even the dreariest days.

REQUIREMENTS

light Filtered bright light is ideal. Never put the plant in direct sun.

water The foliage of Blue Mist is succulent and stores water, so be sure to allow soil to dry out thoroughly between waterings.

fertilizer Feed once a month from February to October with liquid houseplant fertilizer at half the recommended strength. Do not feed during the plant's semidormant period, from November through January.

temperature Keep at normal room temperature, but do not place the plant in an area where the temperature falls below 55°F. at night during the winter.

soil When plant outgrows its container, repot using one part horticultural perlite to three parts ordinary potting soil.

maintenance Remove blossoms as they fade; pinch back foliage occasionally to maintain bushy shape.

GREEN JADE
pothos

Practically indestructible, this new hanging version of the pothos plant will thrive with minimum care, and its lovely green foliage will stay full and lush.

REQUIREMENTS

light Prefers bright light, but not direct sun. Tolerates shade. Also does well under artificial light.

water Water moderately using tepid water. Allow soil to dry out between waterings.

fertilizer Feed monthly from February to October only, with liquid houseplant fertilizer at half the recommended strength.

temperature Does best in normal indoor temperatures.



soil: When the plant grows too large for its container, repot, using one part horticultural perlite to three parts standard potting mix.

maintenance: Wash leaves monthly with water (*not* plant cleaner products). Remove withered leaves. To encourage new growth, pinch back shoots occasionally.

ne Andrew Jergens Company

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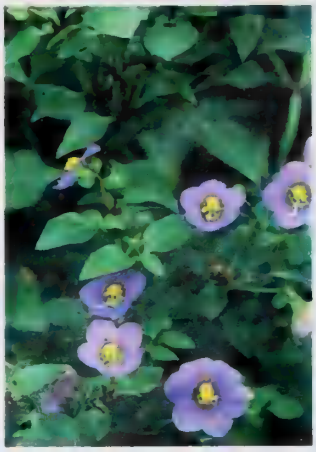
Softness that lasts, even after a handwashing. That's really important to pediatrician Dr. Paule Couture, because she washes her hands 30 to 40 times a day.

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YOU WON'T WASH AWAY THE SOFTNESS.

home



ARABIAN VIOLET

exacum

This small, easy-to-grow plant will flower continuously for about three months.

REQUIREMENTS

light Prefers bright light, but not direct sun.

water The leaves of the plant will drop if it is not watered regularly. Use a moderate amount of water; do not let soil dry out.

fertilizer Feed every two weeks with liquid houseplant fertilizer at half the recommended strength.

temperature Normal room temperatures during the day; does best at 50°F. to 60°F at night.

soil The ideal soil medium for this plant is one part horticultural perlite to two parts standard potting soil.

maintenance Remove faded blossoms. Dispose of plant when flowering cycle is finished, as it will not bloom again.

MINIATURE CYCLAMEN

cyclamen persicum x cyclamen purpurascens

Colorful miniature cyclamen can survive outdoors in summer and then be brought inside to bloom again during the fall.



REQUIREMENTS

light Needs very bright light, but not direct sun.

water Keep cyclamen evenly moist with tepid water. For best results, water plant from the bottom: Pour water in saucer under the plant; after fifteen minutes, pour off any excess.

fertilizer From October to April only, feed miniature cyclamen weekly with liquid houseplant fertilizer at one third the recommended strength.

drainage Besides placing pebbles or broken flowerpot pieces in the bottom of the flowerpot, add an additional inch of perlite.

temperature You must keep cyclamen in a cool—*not* drafty—spot. Nighttime temperatures of 35°F. to 50°F. prolong blooms.

soil To repot cyclamen, use one part perlite to two parts potting soil.

maintenance Remove faded blossoms regularly. If your plant droops, plunge it into tepid water until soil is thoroughly moist.

In the spring, plant cyclamen outside in a shady spot and water regularly. Before the fall frost, repot and bring inside to bloom.

BANANA TREE **dwarf cavendish**

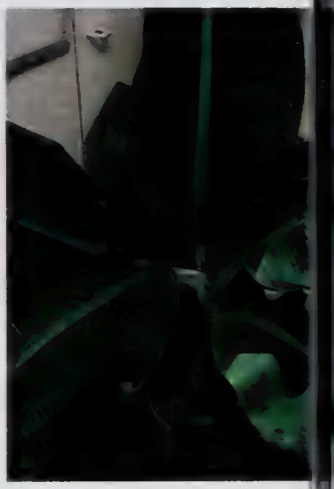
As the snow falls outside, you can have this tropical banana tree growing in your living room! Banana trees are especially exciting to cultivate because they grow very quickly—sometimes one or two inches in one day—and thus make an ideal plant for children. When the tree becomes three feet tall, it will produce edible bananas.

REQUIREMENTS

light Direct sun is best.

humidity Mist heavily every day, as banana trees are native to tropical jungles and require a very humid environment.

water Since banana trees grow rapidly, water thoroughly every day. (However, do not let the tree stand in water.)



fertilizer Use a high-potassium-content fertilizer. Feed the recommended strength once a week.

drainage Banana trees prefer heavy, moist soil, so do *not* add drainage material to the pot.

temperature The warmer the better, both night and day (70°F. to 85°F. is best).

maintenance Discard the plant after it produces fruit, since its foliage will become unsightly.

ANEMONE

A favorite for years as a cut flower, anemone is now available as a houseplant. With its graceful, brilliant blossoms, it makes a perfect addition to any indoor garden.

REQUIREMENTS

light Does best in direct sun if temperature is 55°F. to 60°F., bright filtered light if temperatures are moderately warm (around 70°F.).

humidity Anemones are prone to fungus diseases, so avoid getting the leaves wet and do not mist plant.

water Let plant dry out slightly between waterings (the soil around the anemone bulb should be dry to the touch). Water from the bottom of the plant (fill saucer beneath pot).



fertilizer Feed every two weeks with one-half-strength liquid houseplant fertilizer.

temperature Does best in cool daytime temperatures; keep at 40°F. at night.

maintenance To encourage anemone to bloom, pinch off the first bud. Once the plant has finished blooming, dispose of it.


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marriage

The most-asked sex questions

Do you long for a happier and more fulfilling lovelife? Here's everything you need to know to put passion and sensuality back in your marriage. In the process, you and your mate can make sex better than ever!

During seventeen years as a practicing sex therapist, I have been asked thousands of questions about sex. That's partly because communicating about sex can be very difficult; saying "I like this" or "Please don't do that" makes many people acutely uncomfortable. Therefore, most of us keep our sexual wants and needs secret. Sometimes, we don't even know ourselves how to achieve sexual satisfaction. Some of the most frequently asked questions are listed below. In my answers I have been frank and explicit about the techniques sex therapists use to help women and men conquer sexual difficulties. An astonishing number of people are unable to deal comfortably with the physiology of sex. Yet part of improving one's sex life is learning to be forthright about one's needs. Husbands and wives can improve their sex lives by sharing without embarrassment both physical and emotional intimacy. The techniques I suggest have enriched many marriages.

Dr. Dagmar O'Connor is director of the sex-therapy clinic at St. Luke's/Roosevelt Hospital Center, in New York City. She is also the author of *How to Put the Love Back Into Making Love* (Doubleday, 1989) and *How to Make Love to the Same Person for the Rest of Your Life* (Doubleday, 1985).

Q My husband and I love each other, but we rarely have time for sex these days. What's the solution?

A There are always underlying reasons that lovemaking is given short shrift, and each couple must examine these for themselves. However, the cure is always the same. You must *make* time for sex. It's a matter of setting priorities: You will make time and space for whatever is at the top of your list.

Once you've decided sex is important, put it on your schedule: Draw a red circle around Wednesday—or whatever day you choose. That night, send the kids to Grandma's house, get a baby-sitter to take them to a movie, or splurge and go to a hotel. You can also simply put a lock on the bedroom door. Remember, you're *not* locking the kids out, you're locking your privacy in.

And instead of spending time cooking, pick up sandwiches or other takeout food on the way home. The idea is to set the stage so you and your mate can spend the evening together in bed, nude. You may not even want to have sex—you might just want to give each other back rubs or read the newspaper together. The point is that you have actually made the time to enjoy each other physically.

Q My husband doesn't have trouble getting an erection, but right before we have intercourse, he loses it. What can I do to help him get turned on again?

A Be supportive, but don't put more pressure on him by being too helpful. Simply reassure him that it's okay, that you'd like more foreplay anyway, and focus on yourself. Make sure, too, that you're satisfied in this encounter so he doesn't feel it's up to him and his erection to satisfy you. If a woman knows how to have an orgasm only one way—through intercourse—she will be at a complete loss when her mate has difficulty maintaining an erection. Therefore, it's important to vary the ways you have orgasm. Experiment with oral and manual sex, and try different positions and locations, too. Intercourse is not the only option. *(continued)*

By Dr. Dagmar O'Connor with Nelly Edmondson Gupta


DISCOVER THE PEAK
OF REFRESHMENT.

marriage

Q I've never had an orgasm. What can I do to have one?

A About 10 percent of all women report never having had an orgasm. However, one of every six women I see discovers, after sex therapy, that they've *always* had orgasms—they just never recognized them! Either way, the first step toward increasing sexual pleasure is to take responsibility for your own arousal. Sex therapists agree that it's very important to familiarize yourself with your own feelings through self-stimulation. Get comfortable—perhaps in a hot, relaxing bath—and caress your entire body, including the clitoral area. Try to stimulate yourself without expecting to have any feelings at all at first. If you're not used to touching yourself, you must get used to the sensations.

Conscious or unconscious anxiety about sex can also inhibit pleasure. If you feel uncomfortable, you may find yourself thinking about other things: unpaid bills or chores, for example. When this happens, you may find yourself turning off sexually. Each time your mind wanders, mentally pull yourself back into the situation and arousal will increase.

You might find it helpful to read the book *For Yourself*, by Lonnie G. Barbach (Doubleday, 1975). Many hospitals also run self-help groups for pre-orgasmic women; they have an 80 to 90 percent success rate.

Q I'm able to have an orgasm only during oral sex or masturbation. What can I do to reach climax during intercourse?

A Some women believe stimulating the clitoris is the only way they can climax. Nonsense! If you want to, you can become more flexible. At St. Luke's Hospital, we suggest the following technique for women who have this problem: Insert one or two fingers in the vagina and at the same time stimulate yourself a quarter of an inch *below* the clitoris. It may take many tries before you finally have an orgasm this way, and at first, the orgasm may not feel very strong. But this only reflects ambivalence about changing your ways.

Once you learn to have an orgasm in this way on your own, try having intercourse in the woman-on-top position. Many women find it easier to climax this way because they have more control and freedom of movement.

Some women's orgasmic responses are blocked by suppressed feelings—such as anger or resentment toward their mate. If you're really angry, you can go through the motions of sex without feeling a thing. That's because whenever we suppress one feeling, we suppress all feelings. Therefore, you must learn to verbalize angry feelings in a constructive, nonblaming way.

If you find yourself feeling angry or resentful toward your husband during sex—and yet you don't want to break the romantic mood—say something like, "Honey, I need to lie still for a few minutes." Then silently think about how angry you are. Spend some time feeling those negative feelings as strongly as you can. Very often, after this exercise, they will diminish and sexual pleasure may increase.

Q When my husband has a few drinks, he invariably wants sex. He rarely has trouble getting an erection, but he doesn't ejaculate. I get uncomfortable and tired after a while, but when I want to stop he gets angry. He ejaculates normally when he's sober, but I'm getting turned off to sex even then. What can we do?

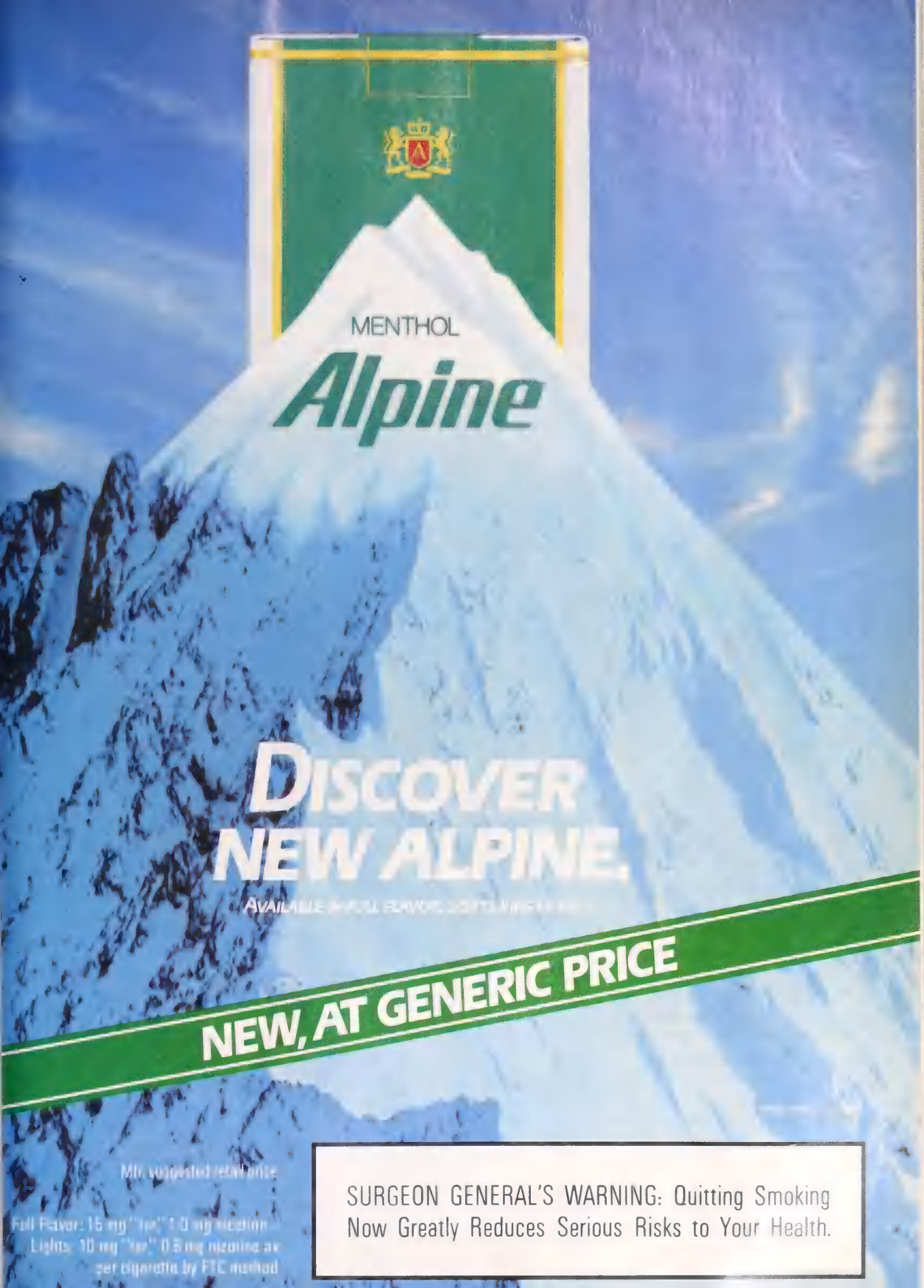
A Many people overcome sexual inhibitions with alcohol or drugs, but if he's so high he can't ejaculate, you need outside help. While many people think they're more interested in sex while they're high, alcohol—and other drugs—actually dulls responsiveness. If your husband is unwilling to get counseling or join Alcoholics Anonymous, I suggest *you* go to Al-Anon, a program for family members of alcoholics. (Check your phone book for local listings.)

In the meantime, try to get as much sexual satisfaction for yourself as you can. It's perfectly okay to say you'll have sex only when he's sober; doing this could also help him by making him aware that he has a real problem.

Q My husband is a real go-getter. He's also a loving husband and father. The only problem is, when we make love, I can't have an orgasm fast enough to please him. As a result, I often feel frustrated after sex. Any advice?

A Your husband sounds like someone who's good at reaching goals very fast but has trouble slowing down long enough to enjoy the process. This pattern is typical of people who have difficulty with arousal; being sexually turned on makes them feel anxious and vulnerable, and they deal with their discomfort by trying to get sex over with as quickly as possible.

The best way for your husband to deal with this is to slow down by using a technique sex therapists often recommend to men who ejaculate quickly: He needs to stimulate himself just until he achieves an erection, then he should stop and think about something completely unsexy—the mortgage or who's going to do the dishes, for example—until he loses his erection. Even if this feels a bit strange, he should do this several times before continuing on to orgasm. After he has spent time practicing by himself, you two can incorporate this into your lovemaking. Once he gets used to losing and then regaining erections without ejaculating, your husband should feel much less anxious about being in a state of arousal, and in no hurry to finish things off. *(continued)*


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marriage

Q My husband is a macho guy who thinks he knows everything—especially when it comes to sex. How can I get him to try something new in bed without threatening his masculinity?

A You don't threaten his masculinity, he feels insecure. Although you can't force your partner to do things he doesn't want to do, you can figure out what you want and need when it comes to sex. Once you know this—and feel entitled to sexual pleasure—negotiation becomes very important.

For example, if you want to try a new position and he refuses, don't give up. You know your partner's personality; there are lots of nice ways to persuade him to do the things you want him to do. You might offer to do something he especially likes in bed, or you can even offer a playful trade like "I'll pick up your shirts at the laundry if you'll give me twenty minutes of foreplay." I tell my patients never to be embarrassed by making this kind of swap; being able to bargain with your partner for what you want indicates you feel very secure in your relationship and in yourself.

Q My husband is always buying me black underwear, stiletto heels and other crazy things. He wants me to dress up and parade around, which makes me feel cheap. Shouldn't he be able to get turned on without props?

A Yes, he should. But there are two things going on here: He wants to relate sexually to a woman who looks like a "bad girl," and you have a problem with looking like a bad girl. Let's start by looking at your end of the situation: Why is it so difficult for you to play his game at least a little bit?

At the same time, he should think about why it's so difficult for him to enjoy having sex with a woman he views as a good girl. It may have to do with his childhood. For example, when parents are too seductive or just too emotionally dependent on their children, sexual conflict may develop. In your husband's case, it may be that having sex with a woman who resembles Mom—that is, a woman he views as good and virtuous—feels very threatening. He may need therapy to work through such feelings. In the meantime, if you can meet him halfway by dressing the way he likes occasionally, your sex life will probably improve. A little bit of game playing makes sex more exciting for many couples!

Q My husband confessed to me that he had an extramarital affair. I don't want to end my marriage, but I refuse to sleep with him until he gets an AIDS test. Now he's angry at me. I have to stick to my guns on this issue, don't I?

A It seems there's a lot of unresolved anger—yours and his—in this relationship. An extramarital affair often serves to displace tension in a relationship by making a triangle out of it. In most cases, both parties are responsible.

Your demand that your husband take an AIDS test may be an indication of rage, but it's also a realistic concern. Your husband has had sex with someone else, and you know nothing about this woman's lifestyle. Therefore, I believe he should comply with this request.

I suggest you and your husband seek counseling together to get past the anger that remains on both sides.

Q I love my husband but can't bring myself to perform oral sex on him. Is he asking too much—or am I a prude?

A Lots of women—and men—have reservations about oral sex. Often that's because they view semen as a body waste, and body wastes are considered dirty. Actually, semen is very clean—much cleaner than the mouth itself. Other women avoid oral sex because they don't feel they're in control of the situation.

If you are in a committed and monogamous relationship and want to learn to enjoy oral sex, you must first decide to do it because you want to grow sexually, not just to please your partner.

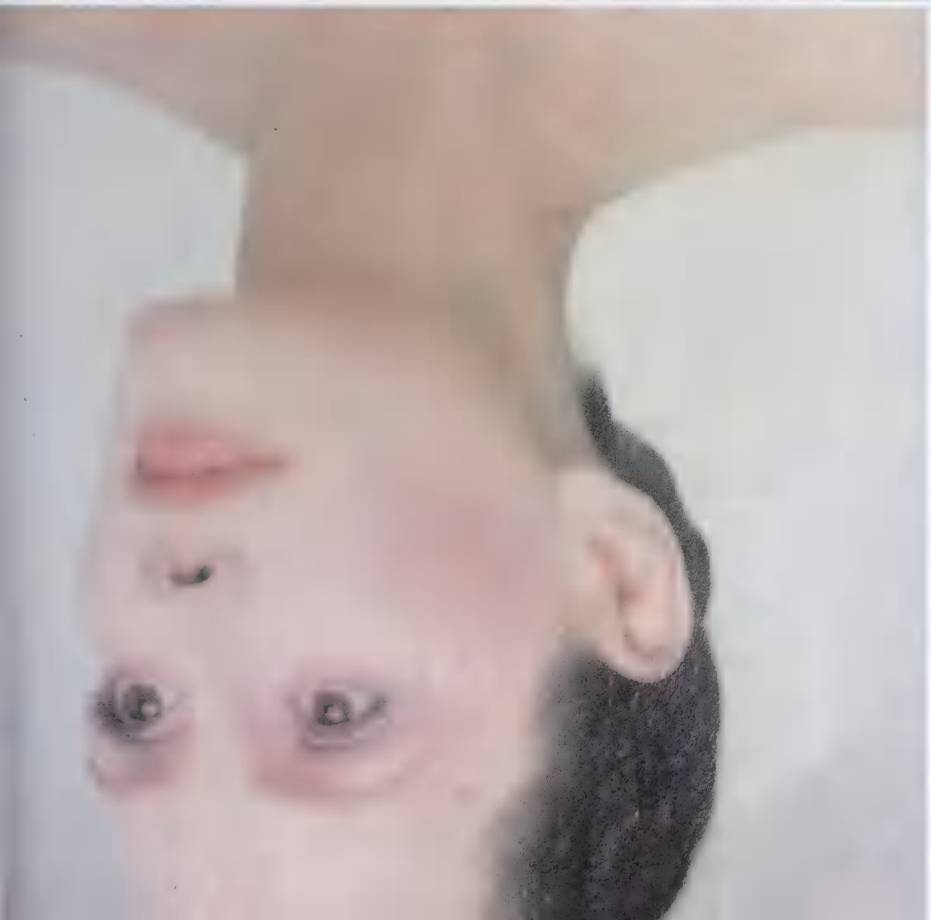
Next, ease into the activity. In my practice, I suggest this strategy: During the first few sessions, try giving your husband a little oral stimulation as part of foreplay. Next, as you continue sex, practice holding his penis at the base so you'll have control over whatever thrusting movements he makes. Third, tell him when you want him to stop, or ask him to stop before he ejaculates if you prefer. Many women find that they feel much more comfortable about oral sex when they have some control.

Q My husband loves to caress my breasts, but I don't enjoy it at all. Is something wrong with me?

A Many women don't feel anything when their breasts are touched. On the other hand, lots of women experience immense pleasure—and even reach orgasm—through breast stimulation. You can develop numbness—or a high degree of sensitivity—in *any* part of your body.

One problem is that many men grab or stimulate the nipples too harshly. Some are also unaware that women's breasts may swell and become extra sensitive during the menstrual period. For this reason, when your husband caresses your breasts, I suggest you put your hand over his to show him exactly how you like to be touched. This will make you feel you're in control. You do have the right to ask your partner to touch your body in a way that pleases you. Then you can work on the experience together—which is, after all, what good sex is really all about! ■





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CAREER WORKSHOP

By Barbara Mackoff, Ed.D.

STRATEGIES AND ADVICE YOU CAN USE ON THE JOB

Confused employee

Q **I was hired as a computer training specialist. But in the three weeks since I started the job, my boss has asked me to do unrelated work, such as collecting data and editing reports. Because I was new I agreed to his requests. How can I start doing the job I was hired for?**

A In your desire to make a positive impression at your new job, you agreed to do work below your level of ambition or interest. But it's not too late to reclaim your position. Address the issue directly with your boss by saying, "So far, none of the assignments you've given me have been in the computer training area we discussed in my hiring interview. In order for me to work to the best of my ability, we need to agree on what my job involves."

Ask him how he sees your role. His answer will let you know whether he misled you in your hiring interview or simply took advantage of your initial cooperation. You'll be able to view the position more clearly and decide whether the job can live up to its promise.

a change of mentors

Most of us know how important it is to have a mentor, a person who will act as a wise and powerful ally in the office. However, you shouldn't expect one mentor to last the length of your career, says Nancy Collins, assistant to the president at the Palo Alto Medical Foundation, in Palo Alto, California, who is the author of *Professional Women and Their Mentors* (Prentice-Hall, 1983) and co-author of *Women Leading* (Viking Penguin, 1988). "Mentors help you get from one point in your career to another," Collins explains, "and after that it's time to move on. Consider changing mentors every three to five years."

Her checklist for rating your mentor/protégé relationship:

- Does my mentor encourage my independence or do I feel stifled?
- Does he or she still make time for me?
- Does he or she still have the power to guide my upward move?

To signal a change in your relationship while keeping a cordial connection with your former mentor, "stop acting like a protégé," says Collins. "For example, instead of bringing her the first draft of a report, send the final draft."

are you a woman of enterprise?

If you've been profitably self-employed for at least five years and have overcome a significant personal or economic hardship, you may qualify for the 1989 Women of Enterprise Awards sponsored by Avon Products, Inc., and the U.S. Small Business Administration. Candidates can be nominated by women's groups, by personal referrals or direct application. For an application, send a self-addressed, stamped business-size envelope (with seventy-five cents postage) to: Women of Enterprise Awards, Avon Products, Inc., 9 West 57th Street, New York, NY 10019. Completed applications must be received by February 15.

MAKING CONTACT

When it comes to business gatherings, working women can't afford to wait for an introduction, says Susan RoAne, a seminar leader and author of *How to Work a Room* (Shapolsky Publishers, 1988). "About ninety percent of us are uncomfortable talking to strangers," acknowledges RoAne, "but mastering the art of mingling gives us the competitive edge in connecting with potential clients and resources."

Her tips for making contact:

- **PRACTICE A SELF-INTRODUCTION** Establish your connection to the gathering by saying, "My name is Laura Marlowe, and I'm a sales rep for XYZ Company. This is my first meeting. Are you a member?"
- **TAKE ADVANTAGE OF NAME TAGS** Use them to initiate a conversation about the other person and to ask her about her company.
- **LEARN TO CIRCULATE** To meet as many people as you can, don't spend more than eight to ten minutes with any one person. To exit gracefully, say, "Excuse me, it's been interesting talking to you." Then move on.

HOW I DID IT

Women talk about how having a mentor helped their careers



SHERRY QUIRK, an associate at the law firm of Verner, Liipfert, Bernhard, McPherson & Hand, in Washington, DC "I have had several mentors so far in my career—one while I was in law school and the others during the six years since I graduated. Currently, my mentor is a partner in the law firm where I work. To come up through the ranks in the legal profession, you need a senior person to guide you. My mentors have pointed out the skills I needed to improve and the personality traits I had to work on in order to succeed in my job. I learned to deal effectively with people both in the courtroom and on a one-to-one basis."

LINDA CROSBY, sales manager at Charkit Chemical Corporation, in Darien, CT "During my twenty-year career I have had two mentors. One of them was really my principal mentor—we got along well because we basically thought alike. We were also able to learn from each other, because he had a lot of technical knowledge and I knew a good deal about marketing. And he was a good sounding board—I could have discussions with him in order to work out and expand upon my ideas before presenting them to my boss. But he also allowed me to make mistakes, which was very important, because I learned firsthand what not to do in my job."



Barbara Mackoff is a corporate counselor, training consultant and lecturer and the author of Leaving the Office Behind *(Dell, 1986) and the forthcoming* Laugh Lines.


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kids' diseases doctors miss

Yes, doctors can misdiagnose illnesses—especially when a child is not able to say exactly where it hurts. Here's what you must know to help your physician find out what's wrong

Each year, children and their parents pay more than 100 million visits to the nation's doctors. Faced with a sick child, physicians must often make a fast, accurate diagnosis. Sometimes, however, they can't. "Misdiagnosis in children is a very important problem," says Donald W. Schiff, M.D., president of the American Academy of Pediatrics. The reason: Young patients have few immunological reserves, so when illness strikes, a youngster can go from being mildly to extremely ill much more quickly than an adult.

Many factors can complicate the diagnosing of children. First, kids' symptoms may not be clearly defined, especially in the early stages of a disease. Second, for many childhood diseases there are no conclusive diagnostic tests. And a doctor simply may not recognize a disease that has only recently been identified. **(See page 82 for warning signs you can spot.)**

We asked top doctors which children's illnesses are most often missed or misdiagnosed. While you should be alert to the problems listed below *whatever* your child's age, some are more likely to strike infants while others tend to develop in older children. They are grouped accordingly.

BIRTH TO AGE FOUR

■ Sturge-Weber syndrome

Although birthmarks are usually harmless, doctors have recently discovered that a certain type of birthmark that appears on the face—called a port-wine stain—can, if it occurs on the upper eyelid, block the normal flow of fluids within the eye, causing a painful buildup of pressure that can ultimately destroy the optic nerve.

This condition, known as Sturge-Weber syndrome, occurs in less than 1 percent of newborns. Babies born at small community hospitals or at home have a higher risk of developing complications from the disorder, since the condition may not be promptly identified and treated. The primary symptom to watch for is a flat, purplish-red port-wine stain that covers either the upper eyelid or the upper and lower lid of one eye, says Paul J. *(continued)*

By Patricia Skalka

Brent Peterson/Stock Market



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(continued) Honig, M.D., director of pediatric dermatology at Children's Hospital of Philadelphia. Infants born with the telltale stain should be tested and, if necessary, treated for glaucoma. Treatment involves a surgical procedure known as iridectomy to drain excess fluid and prevent loss of vision.

■ Chlamydia pneumonia

First reported in Washington State in the mid-1980s, this disease is a common type of pneumonia in babies who are two to twelve weeks old. Pneumonia develops when the chlamydia organism infects the lower respiratory tract. Babies born to mothers with the venereal disease chlamydia can pick up the organism in the birth canal. Very rarely, for reasons that aren't yet known, children of unaffected mothers can also contract the disease.

Chlamydia pneumonia is tough to diagnose because symptoms mimic those of *viral* pneumonia—barking cough, low-grade fever and raspy breathing. Although there are blood tests that can spot chlamydia antibodies, they aren't completely reliable.

Antibiotics will cure the chlamydia pneumonia; left untreated, it can be fatal.

■ Kawasaki disease

Each year, about three hundred fifty cases of Kawasaki disease are reported in the U.S., though doctors say the actual incidence of the disorder is probably much higher. The condition—named for Japanese physician Tomisaku Kawasaki, who first identified it in 1967—mainly affects children under age four. Kawasaki disease is often misdiagnosed because initial symptoms—including fever, red eyes and enlarged lymph nodes—are similar to those of scarlet fever, viral infection, measles and toxic shock syndrome.

The difference between Kawasaki disease and these infectious diseases is that the symptoms persist for more than a few days.

Scientists don't yet know what causes Kawasaki disease, which primarily attacks the cardiovascular system. Untreated, it can seriously damage the coronary arteries. The disease can be fatal. A special blood test—called an erythrocyte sedimentation rate test—helps substantiate the diagnosis. Once Kawasaki disease is diagnosed, sufferers are treated with high-dose aspirin and gamma globulin therapy to reduce the risk of coronary artery damage.

AGES FIVE TO TEN

■ Rheumatic fever

This disease most commonly affects kids age five to nine. Once on the wane, rheumatic fever is now staging a comeback for reasons doctors don't understand. In the past few years isolated outbreaks have been reported in several states, including Pennsylvania, Missouri and Ohio. In 1985 and 1986, 107 cases of rheumatic fever were reported in Utah. Rheumatic fever, which often starts with a strep throat, can be one of the most difficult children's illnesses to diagnose, say doctors. That's because its classic symptoms—heart murmur, joint pain, skin rash and chorea (jerky, uncontrollable body movements)—are all symptomatic of other diseases, including juvenile rheumatoid arthritis and congenital heart problems. Swollen nodules, most commonly at the elbow, are also a sign.

Blood tests and an EKG—along with symptoms—help confirm a diagnosis. However, the disease has been so rare until recently that newly trained doctors may never have seen a single case. *(continued)*

HOW PARENTS CAN HELP

If your child is not feeling well, follow this procedure:

■ Take her temperature. If your child is six months or younger and has a temperature over 100 degrees F., call the doctor; if she's older than six months, call if it's 101 degrees F. or higher.

■ Count the breaths your child takes per minute—a count is one inhalation *and* exhalation. Sixty breaths per minute is normal for a newborn; 50 for a one-year-old; 40 for a two-year-old; 24 for children six and over. Rapid, noisy or labored breathing may signal pneumonia, asthma or other respiratory illnesses.

■ Note the color, consistency and frequency of your child's bowel movements. Streaks of blood or an unusual odor may indicate a serious infection or inflammation in the digestive tract or intestines.

■ Watch for repeated episodes of vomiting. A baby who vomits more than once a day may have a digestive tract infection. Frequent vomiting can suggest serious problems, especially if the baby is also lethargic or feverish. In older children, recurrent vomiting may be a sign of serious conditions.

■ Be alert to appetite and appearance changes. Appetite loss can be a sign of illness, especially if other symptoms are also present. Paleness may mean anemia; a yellowish skin may indicate jaundice.

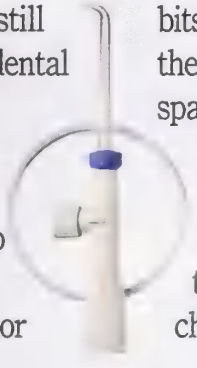
■ Ask when the pain started, where, and how often it hurts. In preverbal children, persistent crying may indicate an infectious disease or gastrointestinal illness.

The more specific information you give the doctor, the better. Your report will help the physician decide whether she needs to see your child immediately, or whether you should take him to the emergency room or simply put him to bed and watch for any changes.

Two helpful medical reference books on children's health are *Children: How to Evaluate Their Symptoms*, by the American Medical Association (Random House, Inc., 1986), and *Taking Care of Your Child* by Drs. Robert H. Pantell, James F. Fries and Donald M. Vickery (Addison-Wesley, 1986).

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KIDS' DISEASES
continued

Untreated, rheumatic fever can damage joints, connective tissue and, most critically, the heart. Early treatment with steroids and aspirin can lead to complete recovery.

AGES TEN TO FIFTEEN

Slipped epiphysis

This problem affects about one out of every two thousand youngsters. It's most common among preteen and adolescent boys, though it can strike girls, too. Most victims are overweight.

Slipped epiphysis occurs when the "growth plate," or epiphysis, at the upper end of the thighbone slips from its normal position. No one knows what causes this to occur, but the result is a noticeable limp, with hip or knee pain, which may develop slowly or strike suddenly. If the pain occurs at the knee, it's often misdiagnosed as a knee problem, according to Carl L. Staniitski, M.D., clinical associate professor of orthopedics at the University of Pittsburgh. "In children, knee pain should be considered hip pain until proven otherwise," he says.

A physical exam and X-ray aid diagnosis; surgery to reposition the growth plate is performed in severe cases. In most children, a slipped epiphysis can be corrected by taking weight off the affected leg by using crutches, which gives the leg a chance to reposition itself. Left uncorrected, the condition causes bone damage and arthritis.

Reye syndrome

Although Reye syndrome is not as common today as it was a few years ago, more than one hundred cases are documented annually. And some experts believe more episodes are undetected or unreported. About one third of all victims die. Most victims are age six to twelve, though it strikes younger and older children as well. This disease may still be misdiagnosed as stomach flu, meningitis, diabetes or even poisoning.

A fast-acting disease, Reye syndrome attacks the brain and liver. Early symptoms include listlessness and vomiting. Therefore, if your child vomits repeatedly, don't accept a diagnosis of stomach flu until Reye syndrome or other more serious disorders are ruled out, advises John C. Partin, M.D., medical director of the National Reye Syndrome Foundation. Two liver-function tests can confirm a syndrome diagnosis.

Though its cause is unknown, l syndrome usually follows a viral ness such as chicken pox or flu wi a week, and is linked to aspirin Doctors advise that children and t agers *not* be given products contai aspirin, or salicylate—another n for aspirin—except under a doctor' pervision for a specific ailment forewarned, however: Your child get Reye syndrome even if he or has never taken aspirin.

Early, appropriate treatment diuretics or other therapies red brain swelling and increases child's chances of complete recove

DISEASES THAT CAN STRIKE AT ANY AGE

Lyme disease

Transmitted by the bite of a tiny tick, which is no bigger than a ses seed, Lyme disease is most commo people under age twenty, espec boys. Identified just over a decade in Lyme, Connecticut, the ailment tinues to spread throughout the c try, says Anita Curran, M.D., com



ner of health in Westchester County, New York. The U.S. Centers for ease Control in Atlanta says fifteen ndred cases of the bacterial disease reported each year, though the nter estimates the actual incice of the disease could be as high as een thousand.

Early symptoms include a bull's-eye h at the site of the bite, accompad or followed by flulike symptoms luding fever, chills and bone aches. Lyme disease blood test is now ilable. The catch: False negatives common. That means if a test re- comes back negative, another test y be needed.

Kids can get Lyme disease yearnd, anytime they're outdoors. Safeard children by dressing them in g-sleeved shirts and trousers. eck them daily for ticks; if you find , pluck it off the skin with a pair of eezers. If symptoms occur, see your tor. Lyme disease requires antibiotreatment; untreated, it can damage nts, as well as the heart and ners system.

Juvenile rheumatoid thritis (JRA)

potentially devastating chronic disease that affects an estimated two to nine out of every 100,000 children from birth through age seventeen, JRA can be confused in the early stages with a number of disorders, including rheumatic fever and Lyme disease. The main symptoms include joint pain and swelling. Lab tests are not definitive, so doctors usually can't make an accurate diagnosis until they've excluded other possible causes—which may take several weeks.

There are three forms of JRA, explains Kenneth M. Boyer, M.D., director of pediatric infectious diseases at Rush-Presbyterian-St. Luke's Medical Center, in Chicago. *Polyarticular JRA* is the most common form; it affects five or more joints and is the easiest type to diagnose. *Pauciarticular JRA*, on the other hand, attacks four or fewer joints, and when just one or two are affected, doctors may mistakenly attribute discomfort to trauma or injury. *Systemic JRA*, also known as Still's disease, is a generalized form of the illness that affects various internal organs and other body parts. Because there is *no* joint involvement, it is the hardest of the three forms to accurately diagnose.

While no one knows what causes JRA and there is still no cure, it *can* be controlled. Though several anti-inflammatory drugs are available, most doctors consider aspirin the safest.

Sinusitis

This disorder is often dismissed as just a cold or misdiagnosed as asthma or allergies. However, up to 5 percent of *all* children two to eighteen with colds develop this bacterial sinus infection.

In most children, says Ellen R. Wald, M.D., associate professor of pediatrics at Children's Hospital in Pittsburgh, the only signs of sinusitis are clear nasal discharge and a very persistent, round-the-clock cough. Some children also develop a high fever and thicker, opaque nasal discharge.

Although X-rays are helpful, an accurate patient history is the best tool for diagnosing sinusitis. "It's useful if parents can say whether the child has had a succession of minor colds or is suffering from what seems to be one very long cold," says Wald.

Antibiotics are used to treat sinusitis; if untreated, the symptoms may be very persistent and the condition can cause eye infections. Ultimately, infection may spread through the mucous membrane of the sinus to the brain. Serious complications, including brain abscesses, have occasionally been known to develop as a result. ■

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isn't it ROMANTIC?

In this month of Valentines, we asked women what their sweethearts should do to truly set their hearts aflutter. The results may surprise you, especially if you think candy and roses are a sure thing!

Is the man in your life as romantic as you'd like him to be?

Happily, most women thought so—38 percent classified their lovers as very romantic, and 33 percent said their men are romantic most of the time but need occasional reminders. Fourteen percent said their partners make romantic gestures only on special occasions, and another 14 percent said their men aren't romantic at all.



Who's tops in heartthrobs? Tom Selleck, Paul Newman and Tom Cruise are three faves

WHICH CURRENT MALE CELEBRITY DO YOU FIND MOST ROMANTIC?





Tom Selleck swept women off their feet with 30 percent of the vote; he rated most highly with women forty-five to fifty-nine. Other favorites were Paul Newman (21 percent), Robert Redford (19 percent), Burt Reynolds (14 percent), Patrick Swayze (14 percent) and Tom Cruise (13 percent).

What Valentine's Day gesture would you find most romantic?

Thirty-nine percent of the respondents thought the most romantic thing their partners could do would be to make plans to go away for the weekend. Twenty-five percent preferred being taken out for dinner and a night on the town. Being sent two dozen roses ran a distant third at 19 percent; receiving a love letter charmed 15 percent. Only 9 percent preferred a gift of lingerie or jewelry. Men, take note.

Are men or women more romantic?

No contest: Women are, said 67 percent of those polled. Only 12 percent thought men are more romantic, and 15 percent said both sexes are equally romantic.

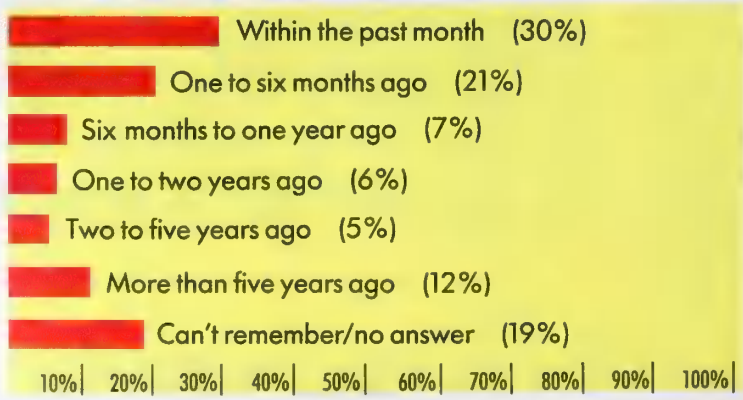
Which setting would you choose for a romantic fantasy?

A moonlit Caribbean beach narrowly won out at 35 percent. Thirty-one percent said their fantasy would take place in a cozy mountain cabin with a fireplace. Being pampered in a deluxe hotel suite made a hit with 22 percent of respondents, and staying alone at home with take-out gourmet food got the vote of only 7 percent.

Do you have a question you'd like asked in our ongoing survey of the American woman? Send it on a postcard to: Roper Questions, *LHJ*, 100 Park Avenue, New York, NY 10017.

When did you last spend a day or night you considered romantic?

Either very recently or too long ago, women answered. Women between thirty and forty-four were the luckiest—the most likely to have been romanced within the last month. Here's what we found out:



Photos, clockwise from top left: David Jones/Sygma, L. Zimberoff/Sygma, Barry Talesnick/Retna



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the new HILTON HEAD DIET



Here's a special program guaranteed to rev up your metabolism so you burn calories faster. And you won't feel deprived!

From THE HILTON HEAD OVER 35 DIET. Copyright © 1989 by Peter M. Miller. Reprinted by permission of the author and Blanche C. Gregory Inc.

Does your metabolism seem to slow down with every passing birthday, making it harder than ever to lose those extra pounds? As director of the Hilton Head Health Institute in South Carolina for over thirteen years, I saw the need for a new diet that specifically addressed the problems of women who don't necessarily overeat but who can't stop the pounds from creeping up on them. My new plan actually stimulates the body's natural ability to burn fat by encouraging it to develop a "younger" metabolic rate. The New Hilton Head Diet helps you lose weight, six to ten pounds in two weeks, and change your body chemistry at the same time.

Did you know that even when you're at rest, your metabolic activity can be increased to burn as much as five hundred extra calories a day? That's what you'll be doing—shifting into a higher gear and using calories at a much greater rate. I'll show you how to rejuvenate your sluggish metabolism so it's as vital and efficient as a teenager's.

What follows are the four major principles of the program plus a two-week menu plan; but before beginning this or any other weight-loss program, always remember to consult your doctor.

By Peter M. Miller, Ph.D

The four big burners

1 YOU MUST EAT FOUR TO FIVE TIMES A DAY

Sound too good to be true? In fact, these frequent meals are the secret to revitalizing your fat-burning engine. It's the unhealthy habit of skipping meals that suppresses your metabolism. When your body has nothing to burn, the metabolic furnace never has a chance to get fired up. However, if you eat moderate but frequent meals throughout the day, you keep your system going in high gear.

To take advantage of this bodily reaction to food, the New Hilton Head Diet provides you with three main meals each day plus a special new feature—the Metabo-meal, which provides enough food to keep your body burning without overloading it with calories. You get one Metabo-meal on weekdays and two on weekends.

TEMPTATION



SALVATION



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2 YOU MUST EAT MORE CALORIES ON WEEKENDS

When you lower your caloric intake in order to lose weight, your metabolism has a tendency to slow down. So just when you are trying to burn more calories, your body starts to burn fewer. That's because a survival alarm has gone off: Your body literally tries to save your life by conserving energy, by slowing down your metabolic processes. This is why on past regimens you may have found that you lost a lot of weight in the first two weeks, then reached a plateau.

The good news is that your metabolic rate is stimulated when calories are increased, so you counteract metabolic decline with the Booster Weekend, which provides three hundred more calories and one extra meal. These extra calories are just enough to boost your metabolic rate without causing your weight loss to slow down. Also, it's nice to have extra flexibility on the weekend, when you need it most.

3 YOU MUST EAT MOSTLY CARBOHYDRATES

The complex carbohydrates found in grain-based foods (cereal and bread), starches (potatoes and pasta), vegetables and fruit constitute the best fuel for your metabolism. The automatic conservation of calories in response to dieting is much less pronounced on a regimen of complex carbohydrates. Also, they help preserve muscle tissue, which is often lost along with fat when you lose weight. Of course, the other food groups are also essential to a well-balanced diet. The proportion of carbohydrates, protein and fat has been specially formulated to provide the optimum metabolic fuel mix: 60 percent complex carbohydrates, 15 percent protein, 25 percent fat. You won't have to bother calculating calories and percentages, as the menus provide you with the exact combination of nutrients your body needs. Follow the Hilton Head menu plan, and you'll maximize your metabolism.

4 YOU MUST EXERCISE AFTER MEALS

The final component essential to the New Hilton Head Diet is the thermal walk. You must take two moderately paced thermal walks a day *after meals*. This rule challenges a long-standing taboo about not exercising after eating. While it's true that strenuous exercise after a large meal is not good for you, a reasonable amount of exercise after a small to moderate meal is not at all harmful—in fact, it's beneficial to your metabolism. Researchers have found that exercising after a meal burns more calories than at any other time. Also, your resting metabolic rate is boosted by 20 to 25 percent for the next three or four hours.

I recommend two thermal walks a day, the first after breakfast for forty minutes and the second after any other meal for twenty minutes. Start out slowly, but make it a goal to reach a pace of one mile in fifteen to twenty minutes. While this may seem like a lot of time out of your busy schedule, these thermal walks will stimulate metabolic activity and burn more calories than any exercise you've ever done before. Also, this low-impact exercise plan will build muscle. Increased lean muscle tissue not only makes you look sleeker and healthier, but also it uses many more calories than fat.

Now that you understand the basic rules of the New Hilton Head Diet, keep the guidelines above in mind before you start the program. The menus for two weeks begin on page 93. If you wish to stay on the diet for a longer period of time, simply repeat the two-week cycle until you've reached your ideal weight.

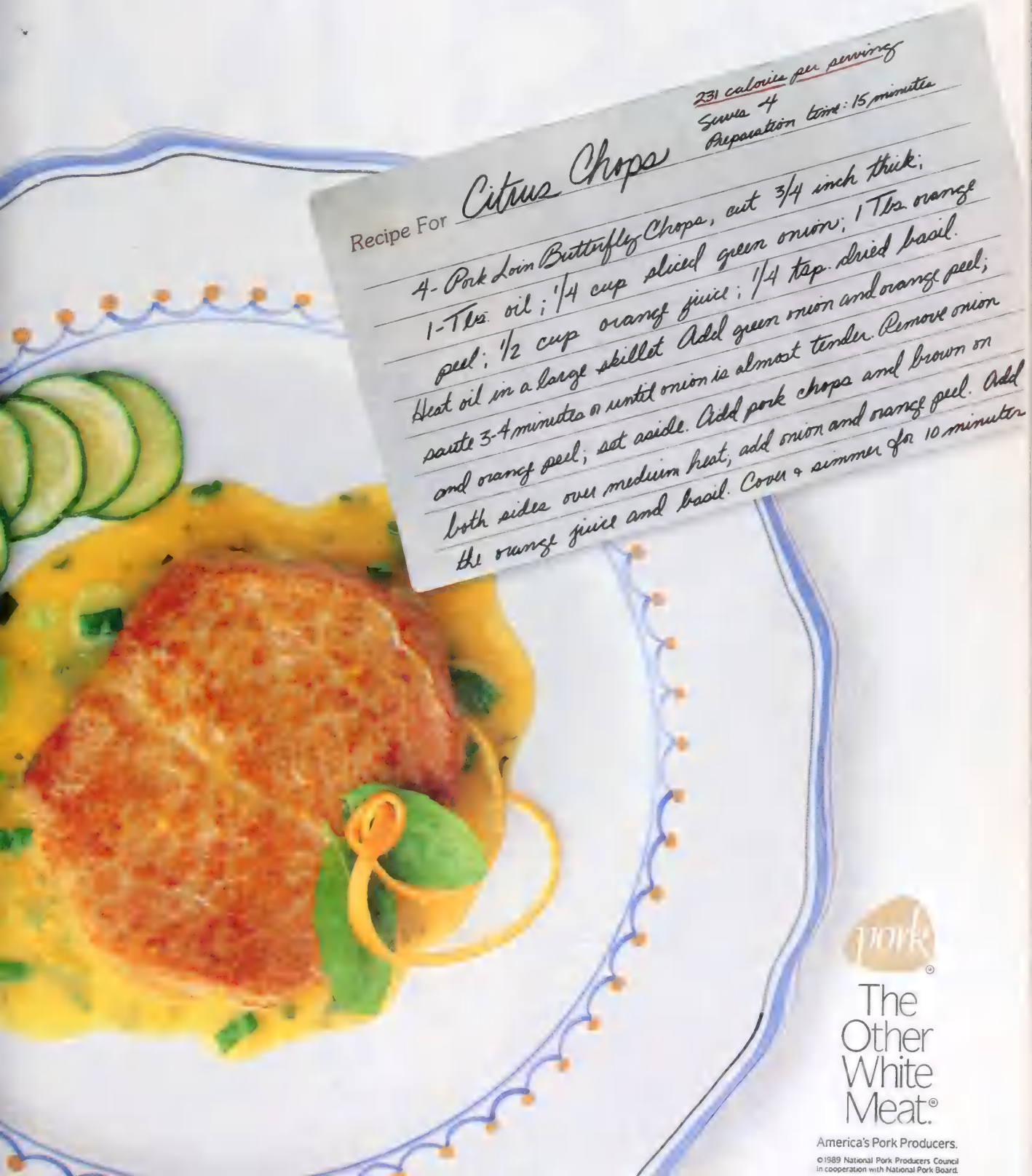
HILTON HEAD DIET GUIDELINES

- **Take a vitamin/mineral supplement that supplies close to 100 percent of the recommended daily allowances.**
- **Ask your physician to recommend a calcium supplement, preferably in calcium carbonate form.**
- **Try to allow at least three hours between meals and eat your Metabo-meal in the late afternoon or in the evening after dinner. On the Booster Weekends, one of the Metabo-meals may be taken mid-morning.**
- **If you are eating out or cannot obtain a certain item, you may substitute the same type of food in the same amount. For instance, you could substitute chicken for beef or an apple for melon, etc.**
- **Drink plenty of fluids—a minimum of four 8-ounce glasses a day. All the liquids you drink should be noncaloric, and most decaffeinated.**
- **Avoid alcoholic beverages.**
- **Do not add salt to your food.**
- **Remove all visible fat from meats or chicken before cooking.**
- **Buy only fresh or frozen fruits or vegetables.**
- **Cook one or two more ounces of fish, chicken and meat than indicated on the menu plan—this allows for shrinkage during cooking.**
- **Choose high-fiber cereals like Special K, Raisin Bran, Just Right, Product 19, All Bran, Corn Flakes, Shredded Wheat, oatmeal.**

The other white meat counts calories without subtracting taste.

Everybody knows pork tastes great. But what ou might not know is that it's surprisingly low in lories, cholesterol and fat. All of which adds up a perfect meal. So start serving your family pork—the other white meat.

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av. per cigarette, FTC Report Feb.'85. 120's: 14 mg "tar," 1.0 mg nic
Ultra Lights: 6 mg "tar," 0.5 mg nicotine av. per cigarette by FTC m

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

NEW HILTON HEAD DIET

continued from page 90

K 1

akfast every weekday ¾ cup un-etened cereal, ½ cup skim milk, ½ fruit ce of orange, banana, grapefruit, h, pear or apple)

1

ch Turkey sandwich made with 1 oz. ey, 1 tsp. diet mayonnaise with lettuce tomato on 2 slices diet whole wheat d, and 2 oz. plain low-fat yogurt ed with ¼ cup strawberries

ner 5 oz. fish baked or broiled with on juice and 1 tsp. diet margarine, ½ to, ½ cup green beans

abo-meal ½ cup seedless grapes

2

ch Pasta primavera made with ½ cup a, mixed with chopped tomato, pep- onion and olives, 2 Tb. diet Italian sing, 1 Tb. grated Parmesan cheese

ner 3 oz. pork tenderloin, ½ cup diced ots, 3 medium new potatoes

abo-meal ¾ cup cereal, ½ cup skim

Day 3

Lunch Pita sandwich made with 1 small pita, 1 oz. water-packed tuna, 2 tsp. diet mayonnaise, with chopped celery, tomato, onion and lettuce

Dinner 4 oz. chicken breast broiled with herbs, ½ cup cooked rice, ½ cup broccoli

Metabo-meal 1 medium apple

Day 4

Lunch Large tossed salad made with 2 cups lettuce, 1 tomato, chopped onion and green pepper, 1 pear

Dinner 5 oz. cooked shrimp with 2 Tb. cocktail sauce, 1 medium ear of corn with 2 tsp. diet margarine, ¾ cup chopped cabbage mixed with vinegar and 2 tsp. diet mayonnaise

Metabo-meal ¾ cup cereal, ½ cup skim milk

Day 5

Lunch Spinach salad made with 2 cups spinach, ½ cup mushrooms, chopped onion and tomato, 1 hard-boiled egg, 2 Tb. low-calorie dressing, 2 pieces melba toast

Dinner 1 baked or broiled Rock Cornish game hen (a 16 oz. hen should yield 5 oz. cooked meat), ½ cup cooked rice, ½ cup carrots

Metabo-meal 1 cup diced melon, ¼ cup plain low-fat yogurt

Booster weekend day 6

Breakfast 3 slices french toast (dip diet whole wheat bread in a mixture of 2 egg whites, 2 Tb. skim milk, a sprinkling of cinnamon and a dash of vanilla extract; brown in a nonstick pan sprayed with vegetable cooking spray over medium-high heat). Serve with 1 Tb. diet maple syrup, 1 orange, sectioned

Lunch 3 oz. hamburger, 1 hamburger roll, lettuce, tomato and onion

Metabo-meal 1 apple or pear

Dinner ½ cup cooked macaroni mixed with 2 tsp. diet margarine, 1 oz. low-fat cottage cheese or ricotta cheese, 1 Tb. grated Parmesan cheese and chopped parsley, small tossed salad with 2 Tb. diet salad dressing, 1 slice Italian bread

Metabo-meal ¾ cup cereal, ½ cup skim milk

Booster weekend day 7

Breakfast 1 egg (poached, boiled, or fried using vegetable cooking spray), 2 slices diet whole wheat bread, 2 Tb. diet jam or jelly, ½ cup skim milk, 1 orange

Lunch Fruit salad made with *(continued)*



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NEW HILTON HEAD DIET
continued

4 cups assorted sliced fruit, ⅔ cup low-fat cottage cheese, 4 pieces melba toast
Metabo-meal 1 apple or banana
Dinner 4 oz. steak, 1 baked potato, 1 cup mixed carrots, onions and peas
Metabo-meal: 4 cups unbuttered popcorn

WEEK 2

Breakfast every weekday: same as week 1

Day 1
Lunch 2½ cups mixed steamed vegetables with 2 tsp. diet margarine, lemon juice and 1 Tb. Parmesan cheese
Dinner 5 oz. fish broiled with lemon and herbs, ½ baked potato, 1 cup mixed vegetables
Metabo-meal 1 apple or pear

Day 2
Lunch Macaroni salad made with ½ cup cooked pasta mixed with minced celery, onion, tomato and pimiento and 1 tsp. low-calorie dressing
Dinner 5 oz. chicken broiled with mustard and herbs, ½ cup cooked rice, ½ cup broccoli
Metabo-meal ¾ cup cereal, ½ cup skim milk

Day 3
Lunch Pita sandwich made with 1 oz. water-packed tuna, 2 tsp. diet mayonnaise, tomato, onion and lettuce
Dinner 1 cup cooked spaghetti, ¼ cup prepared tomato sauce, 1 tsp. grated Parmesan cheese, 1 slice Italian bread with 1 tsp. diet margarine
Metabo-meal 2 cups fresh fruit salad

Day 4
Lunch ½ cantaloupe topped with ¼ cup low-fat cottage cheese, ½ cup sliced strawberries, 3 pieces melba toast
Dinner 3 oz. veal sautéed in 2 tsp. diet margarine with chopped parsley and lemon juice, ½ cup cooked egg noodles, ½ cup zucchini
Metabo-meal 1 medium banana

Day 5
Lunch 1 medium baked potato topped with 1 oz. melted Cheddar cheese and ½ cup cooked broccoli, ¼ sliced banana mixed with 1 Tb. plain low-fat yogurt
Dinner 5 oz. fish broiled with 2 tsp margarine and lemon juice, ½ cup co rice, ½ cup spinach
Metabo-meal ½ cup seedless grape

Booster weekend day 6
Breakfast same as week 1, day 6
Lunch Turkey sandwich made with turkey, 1 Tb. diet mayonnaise, lettuce tomato on 2 slices diet whole wheat b
Metabo-meal 1 apple or banana
Dinner ½ cup cooked pasta with 2 mixed chopped mushrooms, zucchin onions, 2 tsp. olive oil and 1 Tb. Parm cheese
Metabo-meal ¾ cup cereal, ½ cup milk

Booster weekend day 7
Breakfast Same as week 1, day 7
Lunch ½ cup cooked macaroni mixe ½ cup cooked shrimp, 2 Tb. diet m naise, minced celery and onion
Metabo-meal ¾ cup cereal, ½ cup milk
Dinner 4 oz. chicken broiled with diet margarine and herbs, ½ cup rooms sautéed with onions and gree per, ½ cup cooked rice
Metabo-meal 1 apple

Could a cat that eats supermarket pet food take this test and land on its feet?



Feel skin and coat.

• Comb your
ers through the hair.

Healthy, vibrant and
free of flaky deposits. 30 pts.
Dry, lackluster and poorly elastic. 5 pts.
Very oily, smelly, or uneven. 0 pts.
here are normal variations in different breeds of cats at
rent times of the year. However, poor nutrition always
rsely affects skin and hair.

Inspect mouth.

• Raise your cat's upper
o view the teeth. Are they:
Clean, white and glisten-
20 pts.
Yellowed with signs of
lue. 5 pts.
Decaying with evidence
of tartar.
0 pts.



Diet plays
a major
role in
oral
hygiene.
If you didn't
check A, chances are
eed your cat a steady
of wet foods, which can
t in dental problems.
foods help cleanse teeth
gums.

3. Monitor appetite.

Does your cat eat:

A. Many times a day from a single serving. 20 pts.
B. Once a day. 5 pts.
C. Once every other day. 0 pts.

Many feedings a day are preferable because it allows for more efficient digestion and utilization of food.

However, if your cat suddenly changes eating habits, consult your veterinarian. It could indicate a health problem.

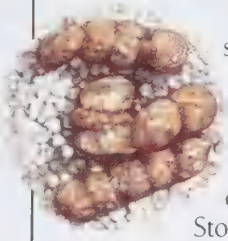
4. Examine stool.

Stool size, consistency and odor are good indicators of a cat's overall well-being. Is it:

A. Small, firm and free of any unusual substances and odors. 30 pts.
B. Large, hard with an offensive odor. 5 pts.
C. Very large, soft, with an offensive odor. 0 pts.

Stool volume is largely influenced by undigestible foods and enzyme deficiencies.

Small, firm stools demonstrate your cat has properly assimilated all the essential nutrients.



Stool consistency indicates the quality of your cat's source of nutrients. Stool from a poor source may be soft.

A hard stool can represent a mineral or fiber imbalance.

Stool odor is usually traced to grain-based cat foods sold in supermarkets.

If improperly processed, grain-based cereals ferment in your cat's intestines and cause gas and odor.



If your cat scored 85 or less, don't just change cat food, change where you buy it.

All cats have dietary requirements that demand quality sources of protein. Meat protein best satisfies those requirements.

However, many leading supermarket cat foods rely on grains for their main source of protein. Iams relies on meat, poultry, eggs and fish, which are also sources of taurine.

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darken
and threaten rain.
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of the third grade
for Michael Metzger
was no exception.
So,
with an umbrella
from his mother
in one hand,
lunchbox in the other,
Michael walked
to the bus stop
at the corner
of Greenacre Road,
as his parents watched
from their
living room window.
At the dinner table
that night,
Mr. Metzger placed
a gift-wrapped box
next to
his wife's plate.



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PSYCHOLOGIST'S JOURNAL

IMPORTANT INSIGHTS INTO WHY YOU FEEL THE WAY YOU DO

By Sonya Friedman, Ph.D.

WEEKEND BLUES

I always look forward to the weekends, but they never live up to my expectations. The kids usually fight, and we have so many chores to get done that by Monday I'm exhausted. How can we make our weekends happier?

A For many of us, weekends are not the fun family times that we think they will be, especially if we have a number of chores to do. However, you *can* make your weekends more pleasurable by structuring your time differently. During the middle of each week, decide with your husband which tasks have to be done that weekend, then divide them up among family members. To keep the kids from fighting, consider separating them for a while—ask one child to help you with a particular chore, another to help your husband. But don't try to do too many things in one weekend. Each family member needs plenty of free time as well.

To help reduce your weekend stress, schedule some private time for yourself. Set aside one hour a day to do whatever you like, whether it's working in the garden or taking a walk. By taking time to relax you'll be a better organizer and delegator, you'll get more done and you won't feel so exhausted.

CHEATING HUSBAND

Recently I saw a friend's husband holding hands with another woman at a restaurant. I'm torn about what to do—I feel my friend has the right to know what's going on, but I dread telling her. What do you advise?

A As you're aware, this is a very delicate situation. Although there are several things you *can* do, only you can decide which solution is best, since each has potentially negative consequences. For example, if you tell your friend what you saw, it will probably hurt her deeply, and may even put your friendship at risk. If her husband denies everything, she may blame *you* for causing problems.

A second option is to say nothing. This saves you from hurting your friend, but you may be left wondering how you would feel if she kept such information from you. Finally, you could speak to your friend's husband, telling him what you saw at the restaurant. Realize though that he may get angry at you for interfering in his private business and may even start bad-mouthing you to his wife.

newsbreak
a slip of the tongue

If you've ever said something like, "I have to put on my feet," instead of shoes, or "I'll get the foons and sporks," when you meant the spoons and forks, you may have worried that your mind was slowing down. Relax. You're probably suffering from a simple case of paraphasic error, a perfectly normal condition in which words and sounds get mixed up.

Although paraphasic errors sometimes occur for no reason at all, they usually happen when a person is nervous, overtired or excited, says E. Prather Palmer, M.D., a neurologist at Lahey Clinic Medical Center, in Burlington, Massachusetts. These slips of the tongue can also happen when we're indecisive over the choice or sequence of words to use or when we aren't paying attention to what we're saying, as when our minds are already racing ahead to another subject.

These errors are nothing to worry about as long as they happen only occasionally and the person can recognize his mistake, explains Dr. Palmer. When you make a paraphasic error, he says, simply explain what you intended to say and laugh off the mistake.

AFRAID OF SOCIALIZING

Lately I've been dreading social situations. I'm afraid I won't have anything to say or that I'll make some kind of blunder. Why do I feel so out of my league in these kinds of settings, and what can I do to feel more confident?

A There may be several reasons for your fears. For example, you may be suffering from low self-esteem, feeling that everyone else at social gatherings is more important and more poised than you are. Or perhaps you feel there is so much at stake at certain parties that if you make a blunder, the consequences will be serious. Finally, you may not be comfortable making small talk. Whatever the reason, once you start fretting that the situation may not go well, you'll often start to believe it, causing your insecurities to grow.

When you're having doubts about your self-esteem, the worst thing you can do is avoid the situation causing the problems. Even if it's very hard for you, go to the social events to which you are invited. Make sure you have plenty of things to talk about, and have a few opening lines ready. Second, give yourself a time limit for staying—this gives you a comfortable out and allows you to feel more in control. Finally, be careful not to drink too much. By following these guidelines, your anxiety should gradually diminish.

Sonya Friedman hosts Sonya Live in L.A. *on CNN and is the ABC Talkradio psychologist.*

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continued from P. S. 4

HOW HAPPY IS YOUR MARRIAGE?

Get ready for Valentine's Day by finding out how much in tune you and your mate really are. Take the following quiz to help you assess the areas of strength and weakness in your most important relationship.

1. When it comes to finances
- ☐ **A.** we generally agree on how to spend our money
- ☐ **B.** my husband usually makes all the financial decisions
- ☐ **C.** we have separate bank accounts and split expenses

2. Whenever my husband and I disagree
- ☐ **A.** I usually give in
- ☐ **B.** he usually gives in
- ☐ **C.** we try to compromise

3. When we're around each other a lot, my husband and I
- ☐ **A.** usually get on each other's nerves
- ☐ **B.** frequently get on each other's nerves
- ☐ **C.** seldom get on each other's nerves

4. I feel my husband's appearance is
- ☐ **A.** attractive
- ☐ **B.** average
- ☐ **C.** unimpressive

5. I like spending leisure time with my mate because
- ☐ **A.** it's better than being alone
- ☐ **B.** that's what couples should do
- ☐ **C.** he's my best friend

6. If I had to list all the truly satisfying things about marriage
- ☐ **A.** it would be hard to fill one page
- ☐ **B.** I could write a book
- ☐ **C.** I wouldn't have anything to say

7. When I am upset, I
- ☐ **A.** expect my mate to comfort me
- ☐ **B.** am glad I have him to turn to
- ☐ **C.** keep it to myself or call a friend

8. If I could do it all over, I'd
- ☐ **A.** marry the same person
- ☐ **B.** marry a different person
- ☐ **C.** stay single

Scoring Give yourself three points for these answers: 1-a, 2-c, 3-c, 4-a, 5-c, 6-b, 7-b, 8-a. All other responses count as 0.

Bonus points If you and your mate share
- Similar religious or cultural background—add three points
- Similar parenting styles (disciplinary techniques, for example)—add three points
- A cordial relationship with each other's parents—add three points

If your total score is: 24 to 33 You couldn't be happier with your mate. **12 to 21** There are some trouble spots, but you and your mate are compatible enough to make it work. **0 to 9** You may have brought you together, but staying together and improving your relationship will require a lot of work.

—MARCIA R



When good friends drop by, make it a special time with a wedge of mild, imported Jarlsberg cheese. All natural Jarlsberg is rich in calcium and protein. And it's so delicious it's a great way to say, "Settle down and stay a while."



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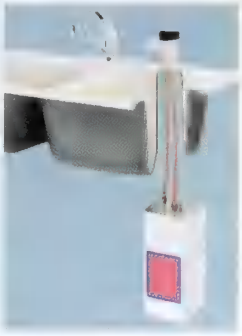
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2 tablespoons Bertolli® Extra Light Olive Oil
3 green onions, cut into 2-inch lengths, separating whites from tops
¼ cup Kikkoman® Stir-Fry Sauce
1 can (11 oz.) Mandarin orange segments, drained

In wok or large skillet, stir-fry beef in hot oil 1 minute. Add white parts of green onions; stir-fry 1 minute. Add green onion tops; stir-fry 1 minute. Add stir-fry sauce and oranges; cook and stir only until heated through.

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CHERRY CHEESE PIE

Makes one 9-inch pie

- 1 (9-inch) graham cracker crumb crust *or* baked pastry shell
- 1 (8-ounce) package cream cheese, softened
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- ⅓ cup ReaLemon® Lemon Juice from Concentrate
- 1 teaspoon vanilla extract
- 1 (21-ounce) can cherry pie filling, chilled

In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in ReaLemon® brand and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with desired amount of pie filling before serving. Refrigerate leftovers.



CREAMY LEMON PIE

Makes one 8- or 9-inch pie

- 1 (8- or 9-inch) baked pastry shell *or* graham cracker crumb crust
- 3 egg yolks*
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- ½ cup ReaLemon® Lemon Juice from Concentrate
- Few drops yellow food coloring, optional
- Whipped topping or whipped cream

Preheat oven to 350°. In medium bowl, beat egg yolks; stir in sweetened condensed milk, ReaLemon® brand and food coloring if desired. Pour into prepared crust; bake 8 minutes. Cool. Chill thoroughly. Top with whipped topping. Garnish as desired. Refrigerate leftovers.

*Use only Grade A clean, uncracked eggs.







CREAMY CHOCOLATE PIE

Makes one 9-inch pie

- 1 (9-inch) baked pastry shell
- 3 (1-ounce) squares unsweetened *or* semi-sweet chocolate
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- ¼ teaspoon salt
- ¼ cup hot water
- 1 teaspoon vanilla extract
- 1 cup (½ pint) whipping cream
- Additional whipped cream *or* whipped topping
- Shaved chocolate

In heavy saucepan, over medium heat, melt chocolate with sweetened condensed milk and salt. Cook and stir until *very thick* and fudgy, 5 to 8 minutes. Add water; cook and stir until thickened and bubbly. Remove from heat; add vanilla. Cool 15 minutes. *Chill thoroughly*, 20 to 30 minutes; stir. In large mixer bowl, beat *1 cup* whipping cream until stiff; fold into cooled chocolate mixture. Pour into prepared pastry shell. Chill 3 hours or until set. Garnish with additional whipped cream and shaved chocolate. Refrigerate leftovers.





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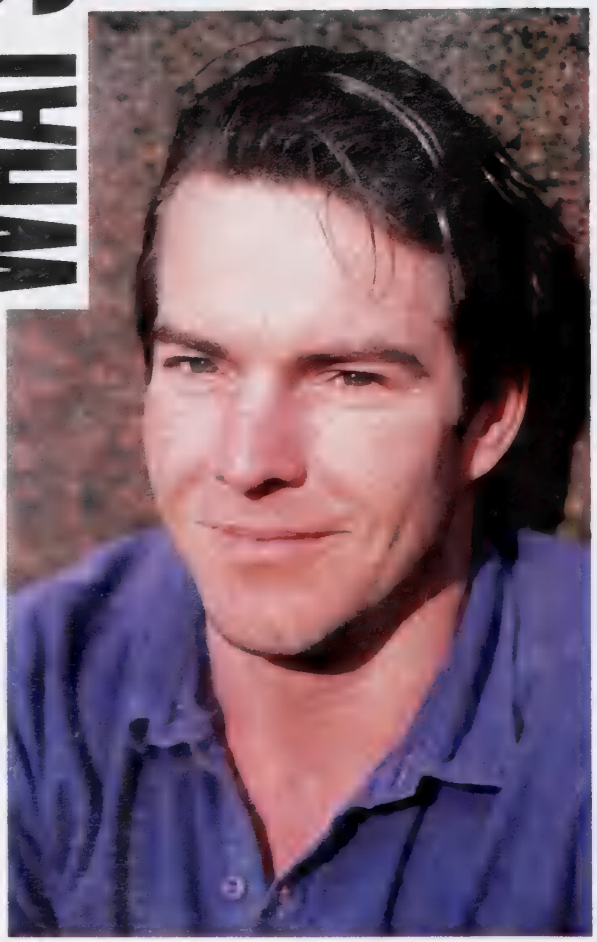
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WHAT'S HOT *Hollywood hunks*



Dennis Quaid on Big Easy street

At first glance, there's nothing extraordinary about Dennis Quaid. With his tousled brown hair, clean-cut looks and lean but muscular physique, he could be the guy next door—if you were pretty lucky. In fact, Quaid had virtually faded into the Hollywoodwork as a competent ensemble actor prior to the 1987 romantic thriller *The Big Easy*. But his role in the film as a cocky, Cajun-accented New Orleans cop armed with a warrant to seduce red-hot Ellen Barkin finally made him a star. It showcased something that's quintessentially Quaid: a wide, boyish smile that utterly disarms legions of women.

And once the thirty-four-year-old Quaid charmed his way through two other movies—*Suspect*, opposite Cher, and the suspense film *D.O.A.*—his just-another-face-in-the-crowd period was gone for good. In the recent *Everybody's All-American*, he starred as a washed-up pro football player with a glorious past, who's married to his college sweetheart (Jessica Lange). And in the biographical drama *Great Balls of Fire*, now filming in Memphis, he'll take center stage as the legendary rock-and-roller Jerry Lee Lewis.

Three leading men bring a special blend of mind and muscle to the big screen

It's the perfect role for Quaid, who, like Lewis, has energy to burn. *Everybody's All-American* was Quaid's fifth movie in two years—a pace that left him little time for his girlfriend, actress Meg Ryan, whom he met on the set of *Innerspace* and later worked with in *D.O.A.* Not bad for a Houston native who says he chose acting as a career because "the drama room was the only air-conditioned place at my high school."

But there was another reason Quaid chose the stage. Because he was too skinny for football and most other sports (his normal weight today is a sinewy 160 pounds), acting became an outlet for him. He got his start in show business at fifteen, performing stand-up comedy in his uncle's Houston nightclub. Inspired by the film success of his older brother, Randy, who'd received an Academy Award nomination in 1973 for *The Last Detail*, Dennis dropped out of college and moved to Los Angeles—where he spent several years calling casting directors and taking small parts in minor films before snaring a supporting role in 1979's popular coming-of-age movie, *Breaking Away*. *(continued)*

Gail Harvey/Outline Press

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WHAT'S HOT *Hollywood hunks*

(continued) A flood of offers followed, and Quaid soon found himself in a number of forgettable films like *Caveman* and *Gorp*. Things began to look up a bit with *The Long Riders*, a 1980 western that allowed Dennis and Randy to play brothers in reel life. Then, in 1983, a memorable supporting role as astronaut Gordon Cooper in the critically praised *The Right Stuff* promised to shoot him to the top, but the movie barely made a dent at the box office. The release of the calamitous *Jaws 3-D* that same year compelled Quaid to choose his scripts more carefully. "I asked myself, 'Why am I an actor?' " he says in retrospect.

Despite the failures, which included the end of his five-year marriage to actress P.J. Soles (best known for her small roles in *Halloween* and *Stripes*), the easygoing Quaid has retained his positive outlook and remained a solid professional, preparing meticulously for every part. He earned a pilot's license before filming *The Right Stuff* and spent a month accompanying New Orleans police officers on homicide investigations for *The Big Easy*. And for *Everybody's All-American*, he worked out with pro football players, adding thirty pounds of muscle to his slender frame. "I never imagined how brutal football really is," says Quaid, who suffered a broken collarbone on the field while filming one particularly rough sequence. "Fingers twisted or something stepped on—there's pain on every play."

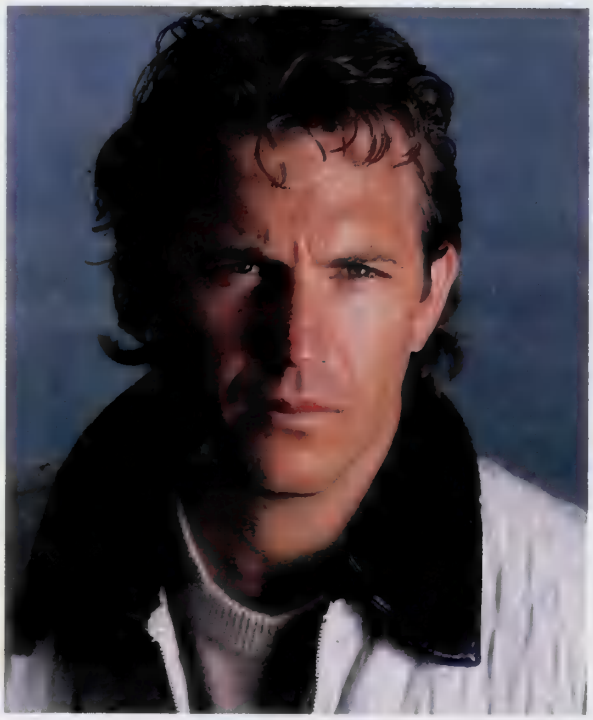
Staying true to form, Quaid quickly shed the weight he gained for *Everybody's All-American* to prepare for the energetic stage work required for *Great Balls of Fire*. Under the guidance of Jerry Lee Lewis (who is now fifty-three), the actor has spent several months studying piano and polishing his performance style. But Quaid is no stranger to music: A songwriter since the age of thirteen, he has written songs for three of his movies and plays guitar in a rock-and-roll band called the Eclectics, which performs in small clubs around the country. "Lewis is going to be an interesting character to play," says Quaid, who lives in the Hollywood Hills near brother Randy. "I've got to capture that fire he's got."

If he succeeds, Quaid may well ignite a box-office blaze.

—DEAN LAMANNA



Quaid shouldered some real knocks, including a broken collarbone, while making *Everybody's All-American*



Kevin Costner: major-league star

He's appeared in just a few major films, but Kevin Costner is already something of an American classic. With his blue-gray eyes, graceful athleticism and quiet strength, Costner emits some of the same on-screen charisma as Gary Cooper or Henry Fonda. And as if that weren't enough, he's got guts, too. Whether scrambling across a rooftop in *The Untouchables* or tumbling across the hood of a moving car in *No Way Out*, Costner is willing to take the kinds of chances that would send most leading men scurrying to the safety of their dressing rooms.

He's taking yet another risk this spring with his latest movie, *Shoeless Joe*.A in his last film,*Bull Durham*, the backdrop is baseball. But there the similarities end. In *Shoeless Joe*, Costner plays an Iowa farmer who's inspired by a vision that a legendary ballplayer will return to life if he builds a baseball diamond in a cornfield. "The character is kind of like Jimmy Stewart in *It's a Wonderful Life*," Costner explains, adding that the script is "magical. Guys, if you're afraid to cry in front of your girlfriend, don't see this."

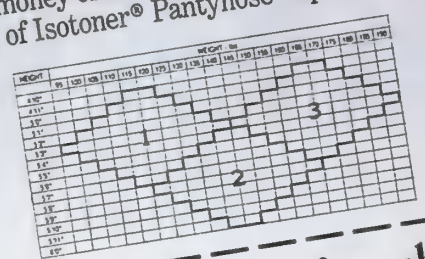
This I-dare-you attitude is typical of the *(continued)*

Photos from top: Greg Gorman/Gamma-Liaison, Neil Leifer

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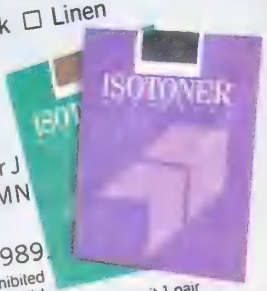
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WHAT'S HOT *Hollywood hunks*

(continued) fiercely independent thirty-four-year-old actor, who refuses to hire an agent or publicist. "I read every script that's sent to me," he says, "and I make my own decisions."

Costner's first big career decision came in 1978, shortly after he graduated from California State University at Fullerton, with a degree in marketing and finance. He was only thirty days into his first sales job when he decided that drama was calling, as it had in several plays during his senior year. "I didn't have a focus, a love of life," Costner says. "I started listening to my inner voice."

That voice told Costner to move to Hollywood, where he joined an acting workshop. In 1981, he met screenwriter-director Lawrence Kasdan, who was impressed enough to hire him for the role of Alex—the suicide victim in *The Big Chill*. Although Costner's scenes were snipped from the finished film, they led to a substantial part in Kasdan's 1985 western, *Silverado*. And while that film wasn't a box-office smash, it cleared the way for the roles that made Costner a major player: renowned G-man Eliot Ness in *The Untouchables* and the secretive Navy officer Tom Farrell in *No Way Out*. "When I act, I like to get out of control," Costner says of his critically acclaimed performances. "Whomever I play, I enter his world."

In his own world, Costner seems to be devoted to his wife, Cindy, and their three children—Annie, four, Lily, two, and Joe, almost one. He avoids Hollywood social circles, preferring fishing trips with his family in the Sierra Mountains. "I get plenty of invites to parties, but I don't go very often," Costner says, laughing. "It's tough getting a baby-sitter, man!"

Finding time for leisure could become even tougher for the busy Costner. Later this year, he will star as a Vietnam veteran who has an affair with his best friend's wife in the adventure drama *Revenge*. His other role in that film—executive producer—may lead him to his next risky step: directing. "I have had a couple of offers," Costner says, "but I'm not anxious to show that I can do it just to prove something. When I direct, I want to direct a home run. And I know that whatever I want, I get."—D. L.



Filming two baseball movies back to back hasn't fazed Costner, who calls his own career shots

Patrick Swayze drives 'em crazy

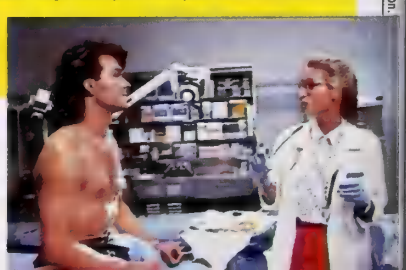


Some phenomenon, this Patrick Swayze. Before *Dirty Dancing* steamed up the nation's movie screens, few predicted that the film would succeed, much less establish a big star. Yet when Swayze's macho-but-gentle Johnny Castle swept Jennifer Grey onto the dance floor, millions of women in the audience went along for the ride. The movie became one of the biggest hits of 1987.

Now Swayze, thirty-six, is bent on proving he's more than a brawny Baryshnikov or a Sly Stallone in tights. In his forthcoming action drama, *Road House*, he's cast as a barroom bouncer with a brain (the character holds a Ph.D. in philosophy). And in *Next of Kin*, set for release this summer, he's a Chicago cop out to avenge the death of his brother, slain by the mob.

Those roles are a far cry from his lady-killing dance king of the Catskills. But Swayze is determined not to become typecast. A singer and dancer since the age of six, Swayze established his independence in high school, where he excelled in sports and ballet. Deciding to stick with the latter, he went to New York in 1972 to work with the Joffrey Ballet and two other dance companies. But when an old high school football injury threatened to cripple his left knee, he hung up his ballet slippers and moved on to Hollywood—where he landed a series of tough-guy roles in such films as *The Outsiders* and *Red Dawn*. Not until *Dirty Dancing*, his ninth movie, could the actor show his fancy footwork and position himself as a romantic leading man. "It's amazing how one movie can blow the lid off," he says.

Swayze credits his wife of twelve years, actress and former dancer Lisa Niemi (the two starred together in the futuristic action flop *Steel Dawn*), with helping him to maintain his sensitive side. And despite the recurrent pain in his knee, the dedicated actor still stays on his toes in his home's large mirrored dance studio. Says Swayze, "If you haven't done the work and paid the dues, you'll be a flash in the pan." —D.L.



Swayze flexes his pecs and his intellect in *Road House*

Photos, right, Peter Sorel; bottom left, Melinda Sue Gordon.



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What's the difference between a couch potato and a domestic goddess? "Attitude," says Roseanne Barr

ROSEANNE: no-holds-Barred

Making us all laugh at life's daily drudgery, this former comedy-club regular has gone from stand-up to stand-out TV star with a new hit show

By Fred Robbins

Meet TV's new-model American mom: overweight,overworked and underappreciated. Her embodiment is Roseanne Barr, and—as *Ladies' Home Journal* predicted last September—her sassy new ABC sitcom, *Roseanne*, has scored a hit with viewers and critics alike.

The key reason for *Roseanne*'s success is clearly the funny lady herself. A veteran stand-up comedian at thirty-six, Roseanne Barr is also the real-life mother of three (two daughters, twelve and thirteen, and a ten-year-old son) and the wife of a former post office worker, Bill Pentland, who now helps write scripts for the show.

Drawing on Roseanne's own days in a Colorado trailer park, *Roseanne* features a smart-mouthed and sloppy TV family that would drive the Brady Bunch right out of the neighborhood. Roseanne herself grew up plump and lonely in Salt Lake City. Always independent, she moved to Colorado when she was eighteen, met and married Bill, and began the family that has served as the *(continued)*

ABC/TV



Shown smaller than actual size of 10 inches high. Complete with blue satin blanket.

ROSEANNE BARR
continued

source of her humor. Here's a close-up look at the self-proclaimed "domestic goddess" who has risen from obscure comedy stages in the biker bars of Denver via the *Tonight Show* to become TV's queen-size comedy star.

When did you first realize you were funny?
When I was about two years old. I got my first laugh from my family. I liked getting the laughs.

How did you make the transition from Denver housewife and mother to stand-up comedian?
Well, I was a cocktail waitress working in a bar, and I had these customers who thought I was funny. One guy would come in and we'd be rude to each other and have a good laugh. One night some of them said it was as much fun to come down to the bar every night after work as going to the comedy club downtown. And I said, "Comedy club?" Then they told me I ought to work up an act and go to the club. My customers gave me the idea. They all went there with me, too.

How would you describe your brand of comedy?
I think it's real first-person comedy. It's my own thing, and it's probably different from any other comic's. They would say it's in a different language. I don't like third-person comedy, which is like that real removed observational, passive kind of stuff where you talk about everybody else. That kind of comedy I think has a real mean edge to it a lot of times. But first-person is about you and your opinion of yourself, and you can be mean and have an edge or whatever, but people understand that they're also in on the joke.

Your act does seem to have a cutting edge to it.
I think comedy is often a slap in the face and a rude awakening for people. It's not like being lulled to sleep with the jokes at the neighborhood market. It's a lot more than that.

Do we see a lot of the real Roseanne in the show?
Oh, yeah. The truth is, the family on this show is the one that's in everyone's home. Everyone's real family, I hope.

You're used to working onstage in front of a live audience with your own material. What's it like working with other players and someone else's material?
Well, first of all, I'm involved in writing every script, so I kind of keep it in a direction that would be like my ac
A lot of it is ad-lib, too. We try to ha
a lot of fun. I have to have a lot of fu
or else it's just a job, you know?

What kind of audience are you trying appeal to in this show?
I'm hoping it appeals to anyone wh
ever had sex or active children. (
anyone who's ever been in a relatio
ship and loved somebody for a lo
time and knows that these people
get on your nerves. It's also for ki
who see their parents act the way
do. So I really think it's for everybod

How was John Goodman selected play your husband?
Oh, he wasn't selected—he was sent
us by the gods. One of the produce
was watching *Moonlighting* and Jo
was on it, and she said: "That is Ros
anne's husband." So they called hi
and he came and we read together a
it was great. Everybody *knew* he w
the husband.

How do you write the show? you try to set up funny situations?
The funny stuff comes out of the re
stuff. We'll go through a session a
come up with situations that cou
turn funny. But we don't write lin
In rehearsal, we'll ad-lib stuff and th
edit. It's kind of a work in progress



re you breaking new ground on TV?
think so, because I really think that others are like me. I'm the first real other on television. On other shows, ther the mother is dead or she isn't ere or the father acts like the moth-. I *am* a mother, and mothers don't ally clean stuff in designer dresses. ou know, I watched a lot of TV, espe-ally when my kids were little. I'd sit front of it and go, "How can people ally buy this?" People watch too uch June Cleaver on TV. They start believe that's what life is really like. veryone knows it's not like this.

ou've called yourself a domestic god-ess. What's the difference between a omestic goddess and a couch potato?
ttitude.

hat's your best tip for keeping a mar-ge together?
on't listen to each other. Ignore each her as much as you can and stay in parate parts of the house.

you find your life getting more dif-ult as you become more successful?
, I think it gets easier. It's sad but ie: If you get more money, then you n hire people to help you do things. fore, I couldn't afford to do that.

you hit the lottery tomorrow, would u continue to work?
No. I would go and live on a farm very far away from show business and have a lot of horses and stuff like that. I'm a real person and would like to return to that someday.

How important is your weight to your act?
If you're saying would I be funny if I was thin, yeah, I think I'd still be real funny. I think I would have loved Jackie Gleason no matter what he weighed. I didn't think he was great because he was fat.

Yes, but wouldn't you say that Gleason was sort of a put-down artist?
I didn't see that. No way. I thought *The Honeymooners* was about a couple that really loved each other and he was just a bigmouth. In the end, you always knew they loved each other. Ralph Kramden was just a passionate man with a lot of bluster. That's always been my favorite show. I hope our shows have some things that we kind of stole from them.

Who else do you think is funny?
Other comics make me laugh. I'm really a big comedy fan, and I like everybody from Pee-Wee Herman to Jay Leno to Whoopi Goldberg. Even Henny Youngman cracks me up. Joan Rivers is a real pioneer of women in comedy, and I wish her good luck. I hope things go better for her than they did this past year. I think Eddie Murphy's just the smartest guy in Hollywood. He really is. I love him. And I think Richard Pryor is the greatest stand-up comic that ever lived. Maybe he's going through some rough times. I don't know. But nobody will be as good as he was in his prime.

What about Robin Williams?
I was just talking about him the other day. Sometimes I don't get him. He's very frenetic, and sometimes that's hard for me to understand. I think he would get on my nerves if I knew him. I'd want to slap him after a while. I wish he would just cut out the caffeine or something. I don't think me and him could be friends.

What are your career goals in comedy?
I would like to make movies like Woody Allen, and I would like to do stand-up like Richard Pryor and Whoopi Goldberg. And I would like to be admired like Bob Hope and enshrined like Jackie Gleason. I want everyone to like me but stay the hell out of my way. ■

Fred Robbins is a free-lance writer and host of Assignment Hollywood, *a syndicated radio-interview program.*

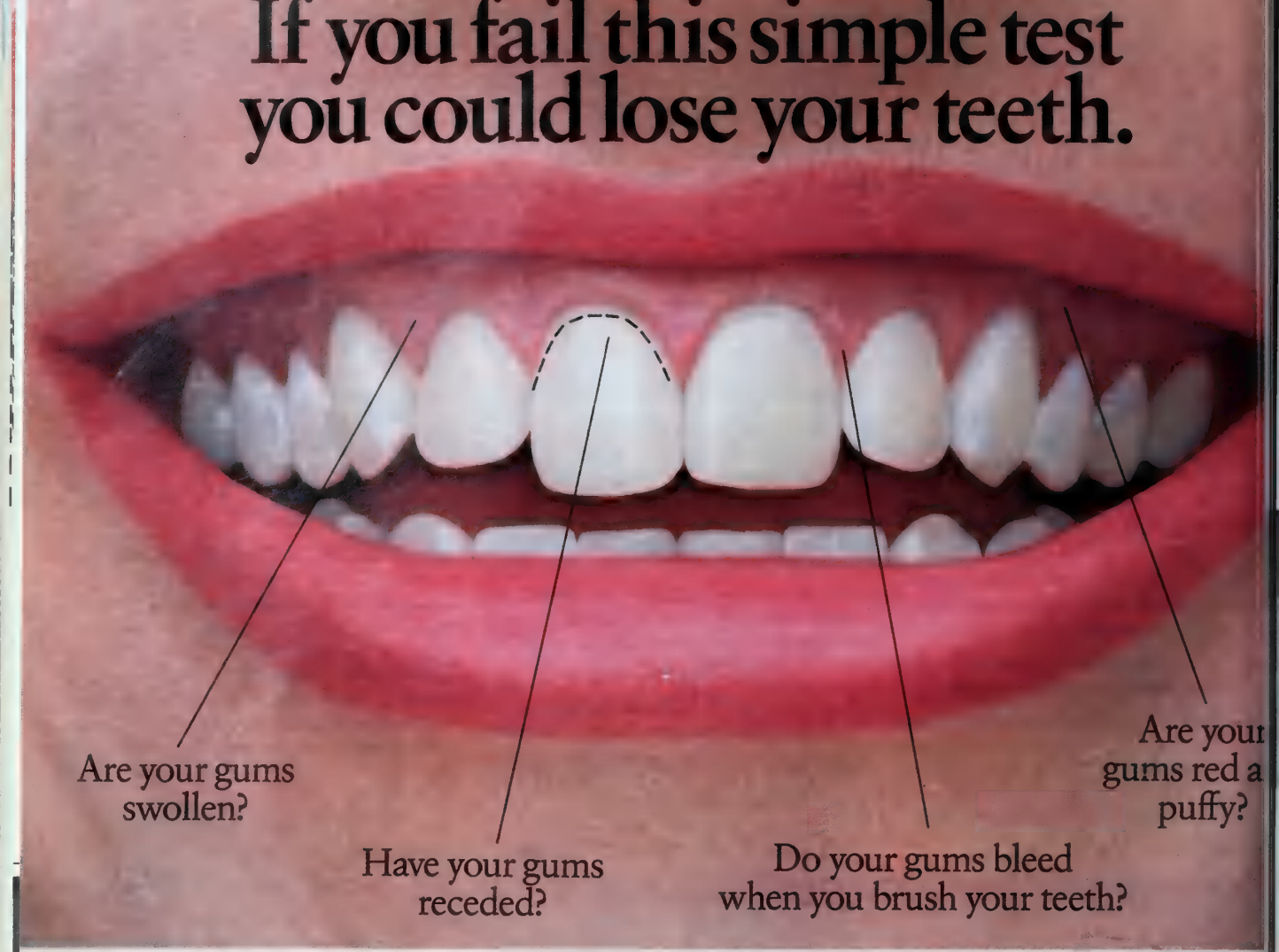


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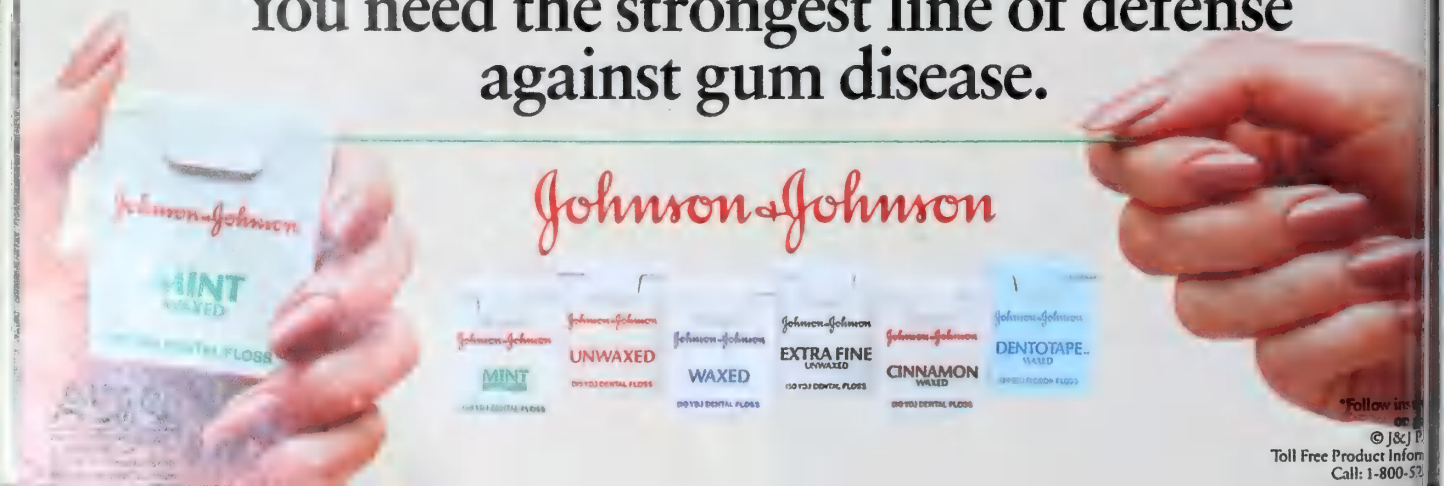
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PARENTS' JOURNAL

By Mary Mohler and Margery D. Rosen

A GUIDE TO CHILD REARING IN THE EIGHTIES

how to handle a lovesick teen

"Why must I be a teenager in love?" lamented the fifties song by Dion and the Belmonts. But what about the *parent* of a teenager in love? When it happens to your child, you, too, may be thrown for an emotional loop.

"Suddenly, a parent finds herself with a different child, one who is even more distracted and moody than usual," notes Sirgay Sanger, M.D., director of the Parent-Child Center at St. Luke's Hospital. "This can leave a mother feeling estranged, out of control." So how can you be the understanding, supportive person you want to be and at the same time cope with your own feelings of being left by the wayside? Some suggestions:



■ Remember the first time you fell head-over-heels for someone, and don't belittle your teenager's feelings.

■ If you're uncomfortable with your child's discovery of romance, it's possible you're reacting to feelings from your own teenage years, when you were overcome with emotions.

■ Realize your teen won't want to share everything with you, even if you show interest. In fact, her new boyfriend may seem more important to her than anyone—or anything—else. And you may feel jealous and hurt. That's natural.

■ Even if you don't like the love of your teenager's life, accept that your child finds something special in him. Fact: Your child will regard any criticism as a slap in the face, so sandwich negative comments—if you make them—between praise.

■ Remember, though, that you're the parent. It's your house, your rules. Don't shy away from setting limits—a reasonable curfew, no motorcycle riding, whatever.

■ Make sure your teenager knows what it means to be responsible about sex—as well as how you feel about it. Arm her with moral as well as clinical information. Don't assume anything, and don't give her the idea that responsibility begins and ends with simply using a condom for protection.

■ Be there. Think about all those times when you really needed to talk, but you thought no one wanted to listen. Watch for signs that your child may want to share something. Ask a question or two, but don't pry. Wait for an opening. You may get lucky.—JUDITH D. SCHWARTZ

INJURY ALERT

Preschoolers in playgrounds are protected by fewer safety precautions than workers at construction sites, notes a recent report from the Federal Centers for Disease Control. Falls account for 60 percent of playground injuries. Most dangerous season: the spring, so keep your eyes open.

YOUR CHILD'S TEETH *how to get 'em to floss*

Let's be honest: Though we all know how important daily flossing is in removing cavity-producing plaque from teeth, most of us have a hard enough time remembering to do it ourselves, let alone trying to get our kids to floss. Starting early helps. According to New York City pediatric dentist David J. Levine, D.D.S., "The time to start flossing is when kids are about three or four, and the spaces between the back molars are beginning to close." What to do?

■ Sit in a chair or on the bed, and have your child lie with her head in your lap. ■ Wrap a piece of floss (waxed or unwaxed is fine) around your middle fingers, and gently pop it between the teeth. Move floss up and down two or three times. Do this at least two or three times a week. ■ By the time a child is seven, she should be able to floss by herself. Check out kid-size floss holders, flavored floss.

John Lawlor/Stock Market

One mother's STORY

Ah, Hawaii

BY DEBORAH HEILIGMAN

It was winter in Brooklyn, and my days were spent pushing a stroller through six inches of dirty snow; lugging baby, stroller and groceries up three flights of stairs; trying day after day to entertain a one-year-old indoors. So when I was given the chance to go to Hawaii (with my husband, without my son), half of me leaped for it. And the other half could not imagine leaving my baby for a day, let alone a whole week.

I don't know how I finally made the decision. I think it was pride; I didn't want everybody to think I was a wimp. So I bought a bathing suit, drove my husband to the airport (he was going first on business; I would meet him there), and took Aaron to my parents' house, where I spent the next five days as a one-woman SWAT team. My mission: to make the house as safe and baby-proof as a padded cell, and to prepare my parents for every possible circumstance.

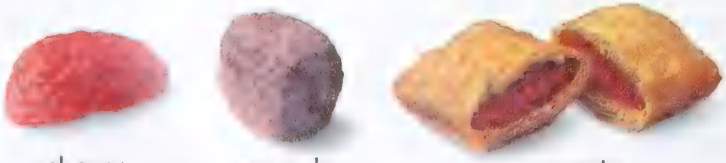
As I put Aaron to bed the night before I left, I kept saying to myself, behind tears, "This is the last time I'll wash his belly for a week." "This is the last time I'll read to him for a week." "This is the last time I'll change his diaper for a week"—I'm not *(continued)*

WHAT MAKES ME A LUCKY DOG?



MY OWN BED AND MY LUCKY DOG

brand DOG FOOD®



chewy chunks

crunchy nuggets

meaty centers



Purina®

Helping pets live longer, healthier lives™

© 1988, Ralston Purina Company

(continued) completely crazy: that one gave me some pleasure.

Still, when I left early the next morning, I felt the excitement of embarking on an adventure. But there was one thing I wasn't prepared for: Babies, babies everywhere. Babies on the plane. Babies in the hotel. Babies on the beach. And when I look back on our Hawaiian vacation, I don't see myself lying next to my tanned husband on a secluded beach. I remember that little girl in a fancy white dress sitting quietly on her mother's lap in a Chinese restaurant



in Honolulu . . . the father on Sunset Beach watching the surfers while his baby slept in a Snugli. I thought about Aaron constantly, calculating hours ahead to figure out what he was doing.

The last day, actually, was blissful. I knew I would see Aaron in twenty-four hours, so I relaxed a bit. But when we got back, my precious son looked at me with a stare that said, "Yeah? Who are you?" I don't know which week felt longer—the one on vacation or the one in which I had to win back my baby.

I still dream about Hawaii. Someday we'll go away again, just the two of us. We'll still miss Aaron, but he'll be old enough to understand that we will return. Of course, that means he will also be old enough to have a little brother or sister who will be too young to leave.

Ah, Hawaii . . .

Illustration, Stephanie Birdsong

FIT TO BE TIED

Frayed shoelaces impossible to handle? Dip ends in clear fingernail polish. When dry, it will be much easier to thread through the eyelets.
—SUZAN WIENER, SPRING HILL, FL

understanding KIDS

BY LAWRENCE BALTER, PH.D.



Dr. Balter is a practicing psychologist and professor of educational psychology at New York University. His most recent book is *Who's in Control?* (Simon & Schuster, 1988).

I have a seven-year-old in the second grade, and the problem is not her but some kids her age in the neighborhood. There's a tight clique of three or four girls who often taunt her: They tell her she's not the prettiest, she goes to a yucky school, she's wearing an ugly dress, whatever. Should I talk to them, to their moms or do nothing? It doesn't seem to bother her much, but it really upsets me.

My heart goes out to your daughter. Children this age have a very strong need to belong. For some children, excluding another child gives them a false sense of desirability and importance. Although it may not have an immediate effect, begin by explaining to your daughter the basis for this kind of scapegoating.

Try to determine whether your daughter has contributed to their treatment of her. I do not mean for you to "blame the victim," but your daughter may have inadvertently done something the others found to be offensive or otherwise off-putting. Perhaps they see her as a snob or as being too proper. If there is evidence of this, help her to see it from their side and offer suggestions for change. All of this must be in the context of complete loyalty to your daughter and with the utmost in emotional support.

You might try disarming them by dividing the clique and winning over one of the girls. Invite one to a really tempting event like a trip to an amusement park or a movie. One would hope that the other child would develop a relationship with your daughter that is strong enough to withstand peer pressure. This, of course, may not work. It may be necessary simply to avoid them and their barbs.

I surmise that your daughter attends a different school from the neighborhood children, and this may contribute to her trouble. If so, I would recommend that your daughter invite over friends from school. Having a group of her own may be a good buffer.

If all else fails, ask her if she wishes you to speak with the girls or their parents. Be aware, though, that it may backfire. They may spread the word that she is a "mama's girl."

Incidentally, you should be alert to signs that your daughter, in turn, might behave superciliously toward another child. It is not unusual to cope with one's own hurt feelings by trying to compensate in this way. ▶

Who's minding the kids?

This survey of opinions of women and men on child care and family issues is being published simultaneously by over twenty national magazines. Sponsored by the nonpartisan advocates Child Care Action Campaign and the Great American Family Tour, this is the largest magazine survey of its kind.

What do you think?

1. Do you think the federal government pays enough attention to child care and other family concerns? ☐ Yes -1 ☐ No -2

2. Do you think family issues should be a top priority for the President and Congress? ☐ Yes -1 ☐ No -2

3. Are your child-care concerns with (check the three most important): -8 ☐ Finding care -1 ☐ Cost -2 ☐ Reliability -3 ☐ Safety -4 ☐ Making emergency arrangements -5 ☐ Quality of care -6

4. Check the statement you agree with:

☐ It is the sole responsibility of parents to choose, find and pay for child care. -1

☐ While the choice of child care should be left to parents, government should help make good, affordable child care available for all children who need it. -2

☐ While the choice of child care should be left to parents, business should help make good, affordable child care available for all children who need it. -3

5. Please circle how much you agree or disagree with each of the following statements—or if you have no opinion, check the box. (Circle 1 for "strongly agree," 4 for "strongly disagree.")

The federal government should develop policies to make child care more available and affordable. 10	1	2	3	4	☐
State governments should develop policies to make child care more available and affordable. 11	1	2	3	4	☐
Employers should develop policies to make child care more available and affordable. 12	1	2	3	4	☐
The federal government should set minimum standards for child-care centers, including health and safety standards and staff-to-child ratios. 13	1	2	3	4	☐
The federal government should expand tax breaks to help parents pay for child care. 14	1	2	3	4	☐
The federal government should provide money to help parents pay for child care. 15	1	2	3	4	☐

6. Should every mother and father have the right to take a leave from work without fear of losing his or her job to take care of a newborn or newly adopted child, or a seriously ill child or parent? 16 ☐ Yes -1 ☐ No -2 ☐ No opinion -3

7. If yes, should this leave be: 17 ☐ Fully paid -1 ☐ Partially paid -2 ☐ Unpaid -3 ☐ Don't know -4

8. Poor single parents with young children should have: 18

☐ Child care, to take advantage of a work opportunity or job training program -1

☐ Financial support, to stay home with preschool children -2

☐ Only those benefits that other parents get -3

9. Number of children under age eighteen living in your home: 19 ☐ None -1 ☐ One -2 ☐ Two -3 ☐ Three -4 ☐ Four or more -5

10. In what age categories? (Check all that apply) 20 ☐ Under 2 -1 ☐ 2-5 -2 ☐ 6-9 -3 ☐ 10 or older -4

11. How many require child-care services? 21 ☐ None -1 ☐ One -2 ☐ Two -3 ☐ Three -4 ☐ Four or more -5

12a. What do you pay for child care per week? 22 ☐ Nothing -1 ☐ Under $50 -2 ☐ $51 to $100 -3 ☐ $101 to $200 -4 ☐ Over $200 -5

12b. If you pay for child care, does your family use the current dependent care tax credit (DCTC) when filing your income taxes? 23 ☐ Yes -1 ☐ No -2

Who are you?

13. Age 24 ☐ Under 25 -1 ☐ 25 to 29 -2 ☐ 30 to 35 -3 ☐ 36 to 45 -4 ☐ 46 to 59 -5 ☐ 60 and over -6

14. Sex 25 ☐ Male -1 ☐ Female -2

15. Marital status 26 ☐ Married -1 ☐ Widowed -2 ☐ Separated -3 ☐ Living with partner -4 ☐ Divorced -5 ☐ Single -6

16. Do you work for an income? 27 ☐ Yes, under 15 hours a week -1 ☐ Yes, 15 to 34 hours a week -2 ☐ Yes, 35 or more hours a week -3 ☐ No, do not work for an income -4

17. Is your household income (before taxes): 28 ☐ Less than $20,000 -1 ☐ $20,000 to $34,999 -2 ☐ $35,000 to $49,999 -3 ☐ $50,000 to $74,999 -4 ☐ $75,000 and over -5

18. If married, does your spouse work for an income? 29 ☐ Yes -1 ☐ No -2

19. What is your ZIP code (30-34)? .....

Lifetime Television, which is underwriting the survey, will premiere* Hush Little Baby: The Challenge of Child Care, *on January 23 at 9 P.M., ET/PT. Survey results will be presented to the President and released nationally in May. Please send your surveys and any comments to: Your Family Matters,* Ladies' Home Journal, *650 Avenue of the Americas, 6th floor, New York, NY 10011.

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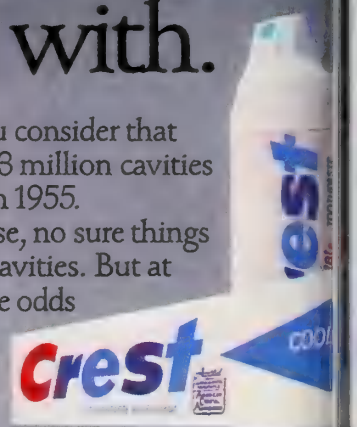
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CHARLES AND DIANA

portrait of a marriage



By Anthony Holden

Ladies' Home Journal
February 1989



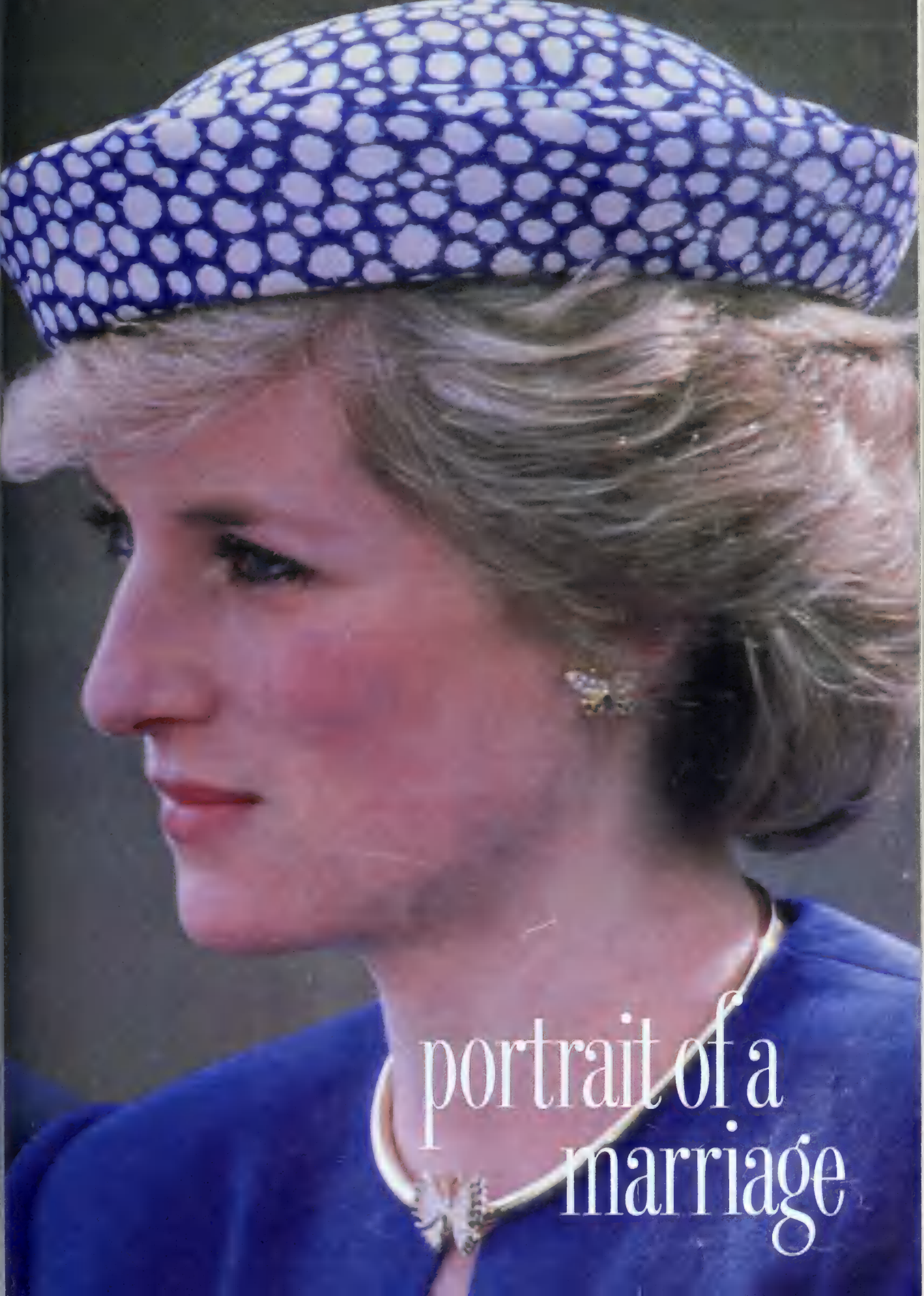
Theirs was a marriage that was meant to be lived happily ever after. What went wrong? The writer who knows the royal couple best reveals their shocking secrets

In Australia in January 1988, when the royal couple's bicentennial tour reached Melbourne, a visit to a music college was one of the highlights of a very banal day. Confronted by his former cello teacher, in front of a master class of young students, the Prince knew with a sinking heart that he would have to play the cello for the massed ranks of the photo corps. He obliged with good grace, giving the cameras the apparent high point of their day. Diana stood back watching, eyes on the move, unused to surrendering center stage to her husband.

Then, even as her husband was still in mid–photo opportunity, the Princess pounced. Striding between the Prince and the cameras, Diana made for a grand piano in the far corner of the room, taking the eyes of the lensmen with her. She removed the cover, lifted the lid and broke haltingly into the opening bars of Rachmaninoff's Second Piano Concerto, still lodged in her mind from her school days. The cameras, of course, went berserk. Her triumph was complete. Charles's return to the cello was

(continued on page 174)

From the forthcoming book KING CHARLES III: A BIOGRAPHY *by Anthony Holden. Copyright © 1988 by Anthony Holden Limited. Reprinted with permission of Weidenfeld and Nicholson, A division of Weidenfeld Corporation.*


portrait of a
marriage


WAVERLY PLAC

By Susan Brownmiller

MONDAY, NOVEMBER 2, 1987, 6:33 A.M.

The high-priority call came in over 911. *Child not breathing. Kantor. 104 Waverly Place, Apt. 3-A, in Greenwich Village.* Within minutes four wailing police cars and the paramedic van converged in front of the brownstone in the predawn gloom.

The woman who opened the apartment door looked as if she'd run into a train—that was paramedic Ruggieri's first thought. He stared past her into a dark void.

A story as shocking as today's headlines: A child is dead, a woman is battered, a lawyer stands accused. Read our condensation of this spring's most memorable best-seller

"Where are the damn lights?" yelled one of the cops. Ruggieri pulled out his own pocket flash.

Four or five pinpoints of light picked out overturned chairs, piles of clothes, bags of garbage. In a corner a baby sat on the floor, tethered to a wooden cage by a three-foot rope.

From the shadows of a hallway, a burly man in black came toward them carrying the limp, naked body of a larger child.

"What happened?"

"She was fine till a half-hour ago, " the father said in a flat, gravelly voice. "She got into the fridge and ate some fried chicken for breakfast. Must have choked on a wing. When I came out of the bathroom, she was throwing up."

The woman was mute, a shadow hugging the wall.

The paramedic did a Heimlich maneuver. A little gob of phlegm and food came up, not enough to have blocked the passage. Somehow, the little girl still had a pulse.

"Your story doesn't make sense, buddy. It wasn't a chicken wing. What really happened?"

"Last night, not this morning—you misunderstood me. She told us last night her tummy was hurting. We sat up with her all night. I don't understand it, she suddenly stopped breathing."

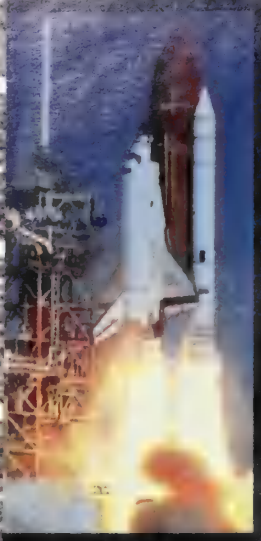
The father was still talking when they wheeled the gurney into the hospital emergency room.

Under the lights, the pediatric resident found dried blood in the child's matted hair. "What happened to her head?"

The *(continued on page 180)*

From the novel WAVERLY PLACE by Susan Brownmiller. Copyright © 1989 by Susan Brownmiller. Reprinted with permission of Grove Press, a division of Wheatland Corporation. No reader should assume that any of the characters in this novel are accurate portraits of real people, or that the events described actually occurred.

Tom Aspinall



LIFTOFF: The fatal *Challenger* launch, on January 28, 1986, proceeded despite the misgivings of some NASA employees who were involved in the shuttle project

BY KATHRYN CASEY

Three years ago, June Scobee watched in horror as the space shuttle Challenger exploded, killing her husband and his crew. She felt her own life was over, too. Now she's conquering her grief and keeping Dick Scobee's memory alive



A THOUSAND DAYS OF TEARS

The homey first-floor den of June Scobee's Washington, D.C., townhouse is filled with family photos from weddings, baptisms and vacations. On the walls are carefully framed reminders of the sleek planes her husband flew and the military awards he won. But in the kitchen, the walls are almost startling in their bareness. Noticing a visitor's glance, June says softly, "I thought I'd have the wallpaper up by now." She pauses. "But Dick and I always did that together. Wallpapering is really a two-person job."

For a minute June is silent, absorbed in memories of her handsome, athletic husband, the *Challenger* commander, who, with the six members of his crew, died following the fiery explosion that occurred on January 28, 1986—just seventy-three seconds after lift-off. June had watched, aghast and unbelieving, at the Kennedy Space Center as the rocket ruptured, flamed and plummeted into the sea. In a matter of seconds, her life was *(continued)*



"Man was meant to be out there. It's what we have to do."
—Richard Scobee, 1939–1986

(continued) changed forever. She and her children were alone.

After the accident, it became increasingly painful for June to remain in Houston in the home she had shared with Dick. "I was surrounded by memories, and there was just too much sadness," she says.

But since the tragedy, this quietly courageous woman has begun to put her life back together. She has suffered—and suffers still—many moments of intense loneliness, and there have been times when she was not sure whether she wanted to go on living. Yet June, forty-six, has endured, and she is now hard at work raising money for the Challenger Space Centers, a project that will teach generations of children about her husband's dream of exploring space.

At the time of the explosion, June was an associate professor of special education at the University of Houston at Clear Lake. Her twenty-six-year marriage

A THOUSAND DAYS OF TEARS







THE END OF A DREAM: Nine miles above the earth, the *Challenger* (left, just before the explosion) ruptured and disintegrated into a fireball (center and right) that plummeted the seven crew members to their death. The tragedy, the worst in the history of the nation's space program, halted all launches for nearly three years

to Dick Scobee was fulfilling, but sometimes stressful as well. Dick had always lived on the edge—as a pilot in Vietnam, then as a test pilot and eventually as an astronaut. "Because of what Dick did, we wrestled early on with what life and death were all about—really living life and giving it all you can," says June. "But no matter how many times you've considered the possibility, you're never ready to lose someone you love."

An American romance

June met her future husband on a church hayride in October 1958, when she was just sixteen, and Dick was a nineteen-year-old airman stationed at Kelly Air Force Base, in San Antonio, Texas. "Some people go on a date and have a milk shake and a hamburger," June says. "On our first date, we studied the stars."

They married the following July. Their first child, Kathie, was born in 1961, and their son, Rich, in 1964. Dick earned a degree in aerospace engineering, a commission in 1965 and his pilot's wings a year later. Following his service in Vietnam, June went to college. And after she began teaching elementary school, her husband was a frequent classroom guest, helping enthralled kids test their science-project rockets.

That tranquil period lasted only a short time, however. In the early 1970s, Dick broke some unwelcome news to his wife. "He said he wanted to be a test pilot," June remembers. "I was frightened about his entering such a risky profession, and I told him so. 'Besides,' I said, 'don't those test pilots become astronauts?'

"I'll never forget how he laughed and said, 'You don't have to worry about me; I'm too tall,'" June says. "That was in the days when the compartments in the spacecraft were so tiny."

But in 1978, Dick was accepted into astronaut training, and the Scobees moved to Houston. Six years later, Dick went on his first mission, as the pilot aboard a *Challenger* flight. "When he finally came down, and I could throw my arms around him, it was so wonderful," June says. "We were surrounded by spectators and reporters, and Dick pulled me aside and said, 'Let's escape.' We went to the lounge at a hotel nearby. He looked at me so intensely and said, 'June, man was meant to be out there. It's what we have to do.'"

Less than two years later, Dick Scobee again boarded the *Challenger*. This time, he would not return.

June Scobee still finds it nearly impossible to talk about that day. "It's still something I'm working through," she adds softly, her eyes filling with tears. "There was a time when I couldn't talk about Dick at all. There was one period of a couple of weeks when I was completely frozen. It was a living death. Some neighbors took me into their home to take care of me. My children were both called. They were concerned, but they were hurting, too. We were all hurting too much to help each other.

"I began to read Shakespeare's tragedies. I wanted to see if Romeo and Juliet were different. I wanted to know," June says, brushing tears from her eyes, "if I felt what Juliet felt when she took the vial of poison to die alongside him."

A slow recovery

During that desolate time, Jim Logan, a NASA physician and a close family friend, spent hours with June, helping her through the darkest days of her life. "We'd sit outside, and the sunshine began to warm me. He talked me into living. I gradually became stronger and stronger—emotionally, physically, mentally. I began to feel that I wanted to make the most out of the rest of my life."

But she and the other *Challenger* families were forced to confront the tragedy anew when the *Challenger*'s crew cabin was found in the Atlantic forty days after the crash. On May 19, 1986, Dick Scobee was buried in Arlington National Cemetery; it would have been his forty-seventh birthday. "We'd once talked about where we would be buried," she says. "Dick said, 'It doesn't matter. I'm just an ordinary person.' The kids and I told him that if anything happened, we wanted him at Arlington."

But June did not want a headstone to be the only memorial for her husband and the *Challenger* crew. In the months following the crash, the seven families decided to set up the Challenger Space Centers in memory of the astronauts and their goals. June embarked on a $30 million crusade, cornering legislators and millionaires in hopes of raising the money for a series of centers that would teach children about space through video and computer simulations. *(continued)*

Photos from left: Sygma, Sygma, David Weicher/Sygma

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(continued) "At first it was frightening," she admits. "I did it, though, and with a lot of perseverance, things began to work."

Today, the centers have almost half the funds they need, and the first facility opened to rave reviews last summer, in the Museum of Natural Science in Houston.

"I felt so close to Dick when I saw the Houston center completed, and a group of kids at the video sets," June says. "Children were so important to us, and here they were, in a sense, completing his mission. I think Dick and the others would be proud."

As she slowly came to terms with her husband's death, June was also forced to assess blame for the tragedy. A presidential commission found that the *Challenger* explosion was due to a faulty part manufactured by Morton Thiokol, Inc., and declared that there was a serious flaw in the decision-making process at NASA.

"There were any number of reasons this accident happened," June says. She pauses, and when she continues she chooses her words carefully. "There was not a healthy respect for the limits of technology, and there was a breakdown in the communication of responsible decisions about that technology. There was this feeling that NASA needed to meet launch deadlines, to be operational, in order to get funding. In truth, they were not operational. But, knowing there were problems, my husband was still willing to fly."

Perhaps because of Dick's knowledge of the risk, June accepted a settlement from NASA and Morton Thiokol that some negligence lawyers have described as shockingly low. She and the families of three other crew members—schoolteacher Christa McAuliffe and astronauts Ellison Onizuka and Gregory Jarvis—shared a settlement of $7.7 million in annuities from the government and Morton Thiokol. Relatives of astronaut Judith Resnik settled with Thiokol for payments reported to total $1.5 million to $3.5 million. The amount of a similar agreement between the family of Ronald McNair and Morton Thiokol has not been disclosed. Last August, Jane Smith, the widow of pilot Michael Smith, settled a suit against Thiokol for an undisclosed amount; a suit filed by her against NASA and a former NASA official is pending.

The settlement is a subject that June does not like to dwell on. "I'd rather not talk about the money; it's personal," she says firmly. "All I can say is that if words could bring Dick back, I'd speak volumes. But neither words nor money can bring him back to me."

But despite the heartbreak she has suffered because of the space program, June says she would fly on the shuttle "the next time they want a granny in space."

A THOUSAND DAYS OF TEARS



AN ALL-AMERICAN TEAM: The members of the shuttle crew included veteran astronauts as well as New Hampshire schoolteacher Christa McAuliffe, (third from right), the first teacher in space. Millions of schoolchildren across the U.S. had watched the launch on TV

And when the *Discovery* was launched last September, June watched it on television, sitting at her son's side at his home in Germany, where he is stationed. "I had also been sitting with Rich at the time of the explosion," June recalls. "It was wonderful to be with him again, to try to erase the memory."

Rich, now twenty-four, is an Air Force Academy graduate who flies F-16 fighter planes, and June is uncomfortably aware of the similarities between her husband and her son. "I can't say I don't worry," she admits. "But if Rich decided he wanted to be an astronaut, I would respect that. We can all have a safe life where we don't venture outside the walls. But is that living?"

In the past year, June has taken tentative steps outside the wall she built around herself following her husband's death. She has dated, although no serious relationship has developed. "I used to say that Dick loved me enough for a lifetime, and he did," she says quietly. "But the rest of this life is lonely, and I'd like to share it with someone. I know he'd want me to get through life the best way that I can."

But if she has yet to find someone, June is far from alone. Last summer her second grandchild, a baby girl, was born to Kathie. "There are things I would have missed if I had given up after Dick's death," she reflects. "Holding the baby in my arms. Seeing my son graduate from the Air Force Academy and being at his wedding. He married a girl Dick knew and liked. It seemed to make it even better."

She also has remained close to the other *Challenger* relatives. "We've formed a family of our own. When my children come, or when Steven McAuliffe brings his children, this house just lights up with the laughter. For the first time, too, I'm making really deep, committed friendships."

And always, she finds solace in her happy memories. "This is the memory I rely on: Dick would leave to go to work in the morning, and I'd kiss him good-bye. He'd back the car out of the garage, and he would stop and wave." June's voice cracks slightly. "He'd shrug, like 'I don't want to go.' More often than not, he'd pull back up and kiss me one more time."

Looking off into the distance, she adds, "I've learned that the petty details of existence aren't important and that they should never interfere with the time a family has together. I've also learned that some of the smallest events are the grandest memories. Children coming in from school with pictures to stick on the refrigerator. Family trips across the country in a car. A husband coming in to say what his day was like."

She stops talking for a moment, struggling with her emotions, before continuing. "You just have to find your own way. What I found for myself is being involved in my work. There's a children's story about a grandmother who is about to die, and her grandson doesn't want her to leave him. She tells him, 'I'm old, but if you let me go in death, I can return in spirit and always be with you and climb the tallest tree with you.'"

June pauses and whispers, "Sometimes, you just have to let go." ■

Readers interested in learning more about the Challenger Space Centers can call 800-533-6310.

Mike Brown/Gamma-Liaison


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the doctors' guide to BEAUTY

We invited the top beauty doctors in the country to a special symposium—what they reveal will amaze you!

The panel

■ **Diana Bihova, M.D.,** clinical instructor of dermatology at the New York University School of Medicine and author of *Beauty from the Inside Out: How to Keep Your Skin, Hair and Nails at Their Best All Your Life* ■ **Albert Kligman, M.D., Ph.D.,** professor of dermatology at the University of Pennsylvania School of Medicine, a member of the American Medical Association, the American Academy of Dermatology and the Society for Investigative Dermatology. ■ **Russell Marx, M.D.,** director of eating disorders department at New York City's Regent Hospital and Clinical Assistant Professor at Cornell Univer Medical Center, in New York ■ **Thomas Rees, M.D.,** chairman o Department of Plastic Surgery at Manhattan Eye, Ear and Throat Hos in New York City, professor of Pl Surgery at the New York University M ical Center and author of *Cosmetic cial Surgery* and *More Than Just a P Face: How Cosmetic Surgery Can prove Your Looks and Your Life* ■ **Ir Smigel, D.D.S.,** president of the Am can Society for Dental Aesthetics author of *Dental Health, Dental Bea The Smile Book* and *Smigel on Aesth*

LHJ: Let's begin by talking about a big beauty breakthrough—Retin-A. Dr. Kligman, you developed it. Is it a skin-saving miracle?

Kligman: It's no miracle, but what Retin-A is doing, besides being helpful, is making people aware that many skin problems are preventable, modifiable and even partially reversible. If Retin-A causes people to be alarmed about wrinkles, if it brings people into the dermatologist's office, and if the doctor does nothing more than explain the simple rules of skin hygiene and the importance of using a sunscreen, then that's probably got to be the most beneficial feature of the whole Retin-A thing.

Produced by Lois Joy Johnson, Beauty and Fashion Editor

LHJ: Would you say that some women are better candidates for Retin-A than others?

Kligman: If she's blue-eyed, freckled, burns easily, doesn't tan well, has sensitive skin, you're right. Such women can start Retin-A in their twenties. Other good candidates are people who develop blisters from the sun. It's the blistering people who get cancer and develop malignant melanoma. A woman can use these facts to clue her in as to when to start using Retin-A.

LHJ: What is the perfect skin program for women twenty-five and older?

Kligman: Well, there's nothing like leading a shady life! Nothing is as damaging to the skin as sunlight. I think we're at the beginning of a new trend of being more careful about sun exposure. Kids, however, won't listen. You can give them all the information you like about the sun's damaging effects—you can tell them they'll get wrinkles and look awful when they're fifty years old, but they think that fifty is the end of l

Bihova: Women who like look bronzed can use tinted moistu ers or other means now availa to create a tanned look with exposing themselves to the and damaging their skin.

LHJ: What degree of sun bloc effective?

Kligman: They go up to fifty, there's a price to be paid. higher the SPF of a sunscreen, more irritating to the skin beca of all the multiple blocks the p uct contains. I worry about sunscreen with an SPF higher t fifteen.

LHJ: What basic skin-care rou do you recommend? Should ery woman over twenty-five a moisturizer?

Bihova: Definitely.

Kligman: Most people still d know enough about skin c Many women believe they h to get up in the

(contin


Retin-A
"There's nothing like leading a shady life! Nothing is as damaging to your skin as sunlight."
Dr. Kligman

the doctors' guide to BEAUTY

(continued) morning and scrub their skin with abrasives and use all sorts of exotic products—most of these products are harmful. Many women have a ritual. They think they have to wash their face, use an astringent, use a special cleanser to get rid of the astringent, apply lotion and a masque. When I tell them that if they would stop using all those things their skin would improve, they're amazed.

LHJ: What do you advise them to do?

Kligman: First I get a history of what a patient is using on her face. Then I tell her to take everything she's got and throw it away! People aren't dirty, they don't need hot water and toxic soaps. Use a mild soap applied with your fingers and lukewarm water. Use a simple moisturizer. Moisturizers protect us from the environment. It's good practice to moisturize every time you take a shower or cleanse your face.

LHJ: Adult acne is a common skin problem. Has it always been a problem or is it stress-induced?

Bihova: Women today lead very stressful lives, and acne is certainly one of the results of stress. I see a lot of women in their thirties and forties who have developed acne for the first time, as well as women who had acne as adolescents who now have a different kind of acne. It's usually the cystic acne, primarily on the lower part of the face around the mouth, that tends to be more pronounced during menstruation.

LHJ: Is the treatment the same for adults as for teenagers?

Bihova: Treatment is very similar. However, since adults tend to have drier skin than teens, they should use acne medications that are less drying. If the acne condition is severe, Accutane may be prescribed.

Kligman: The textbooks have said for one hundred fifty years that acne is an adolescent disease that goes away. That's absolute nonsense. Acne is a lifelong disease. It never goes away.

LHJ: Even after menopause?

Kligman: It breaks out again in menopause—I see a lot more menopausal cases. Throughout life the sebaceous glands are not constant—they're continually expanding and contracting, so acne is extremely common.

Bihova: Women often try to scrub off their acne—they think it has to do with dirt. I've had patients who are new to New York who think they developed acne because New York air is so dirty. They don't realize that moving to a new place can be extremely stressful, and that's part of the problem.

LHJ: Are women becoming more realistic about improving their looks?

Rees: It's a question of attitude. People today are unquestionably more concerned about their bodies, about the way they look. Everyone's into jogging and nutrition. Because attitudes have changed and people feel young, they want to look young, too.

LHJ: Overall, what are women's attitudes toward beauty today? Are health and beauty now intertwined for most women?

Bihova: Beauty is definitely more than skin deep. To many women, being beautiful does mean being healthy. Many of my health-conscious patients admit that they feel better at forty-years old than they did at twenty! But they're disappointed that their skin doesn't look as young as they feel. Basically, most of us would like to look as young as possible for as long as possible because when we look good, we feel good.

LHJ: And likewise, when we feel good, do we look good? For instance, are women able to diet more successfully when they feel they've coped with other problems in their lives?

Marx: Absolutely. The worst way to lose weight is to continue to be on diets that fail. Repeated diets create a yo-yo effect—the body gets overly sensitized to starvation and is more efficient at capturing all the calories that are available. So repeated diets actually make it harder to lose weight.

LHJ: What's the best mental framework to start a diet?

Marx: Have realistic expectations about how much you can lose, and try to get yourself into a cycle of success rather than one of failure. If you feel bad about yourself, you're going to eat to compensate. If you feel good about yourself, you'll have more willpower.

LHJ: The inability to lose weight is the number-one beauty problem in the country. What do you tell that twenty-pounds-overweight woman?

Marx: The best diet is the no-diet diet. Diets are counterproductive.

> *"The best diet is the no-diet diet. It's not as important to lose weight fast as it is to have a healthy lifestyle."*
>
> **Dr. Marx**

It's not as important to lose all that weight in one week as it is to have a healthy lifestyle. Eat three meals a day—if you don't, the body gets a tremendous craving to eat toward the end of the day and you binge.

LHJ: What about all those thin people who eat more than heavy people?

Marx: Every person has an individual set point—a weight that her body just naturally wants to be. Unfortunately, it's largely genetic. The best way to determine your own set-point range is to eat a healthful, moderate diet and exercise regularly, and then deal psychologically with where your body ends up. It's a losing struggle to try to get your body below its set-point range because it will continually fight back.

LHJ: Do you have any foolproof tips for losing weight?

Marx: Rule number one—eat three balanced meals a day. Rule number two—keep food in one area of the house, eat only in that area and don't do other things while you eat. The worst thing you can do while eating is watch TV or read a magazine. You should focus on what you're eating, get satisfaction out of it and not let yourself be distracted. Rule number three—ask yourself why you're eating. Are you eating because you're hungry or because you feel bad? Eating to solve emotional problems is only going to make your problems worse.

LHJ: Is part of the trick for losing weight knowing the type of diet that works best for you—for instance, being part of a support group?

Marx: Definitely. People tend to concentrate too much on the food itself and not on the reinforcers that make the diet work. Actually, for many women, group diets are very effective. Social reinforcement makes the difference.

LHJ: The subject of food leads us directly to teeth. How are Americans' teeth going to look better?

Smigel: Bonding is a remarkable advance. It enables *(continued)*



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(continued) us to make people look great quickly without damage to the teeth. It's an instant beauty transformation that has revolutionized aesthetics in the industry. As for people whose teeth are damaged by gum disease, we've approached the problem from two angles. First, we worked on ways to eliminate and prevent gum disease; and for those people who have already lost teeth, we've done great work with dental implants. Implants can replace the need for dentures. It's a complicated procedure that involves submerging the implants into the bone and letting them integrate for six to eight months. If the implants integrate successfully, which is 90 percent of the time, we screw attachments into the implants and put teeth over them. They work magnificently, one of our biggest advances. Closing spaces, repairing chipped teeth, straightening teeth in one or two visits—these are all routine today.

LHJ: Dr. Rees, speaking of procedures that make people look better, plastic surgery has not only become more and more acceptable, it's a booming beauty industry. How does a woman make sure she has a positive experience?

Rees: By being as informed and prepared as possible before the operation. I advise people to write a list of every question they can think of before coming in for a consultation. The next step is to be sure that your surgeon is qualified. Don't be afraid to ask a doctor for his qualifications. Is he a diplomate of the American Board of Plastic Surgery? Also, ask friends for names of surgeons they've been happy with.

LHJ: How many people are satisfied with plastic surgery, and how many are disappointed with the results?

Rees: The overwhelming number are apparently satisfied, or they wouldn't be telling all their friends. There are almost too many people opting for plastic surgery. I spend a lot of time telling women and men that they're not ready for face-lifts—they think they need one as soon as one wrinkle shows up on their face.

> "Tooth bonding is a remarkable advance. It enables us to make people look great quickly without damage to the teeth."
>
> Dr. Smigel

LHJ: So you sometimes turn away patients?

Rees: Oh, yes, all the time. And explaining to a patient why you think she shouldn't have surgery can be a problem, because patients often get very angry and upset. They don't understand why you wouldn't want to operate. Sometimes patients are disappointed with bad results, and they're the surgeon's fault. But most of the problems stem from a patient's false expectations of what she thinks she's going to get out of surgery. People want to look perfect, and that's an unattainable goal.

Marx: What usually is not discussed is what the patient really wants in terms of results. Usually it's not the surgery itself, it's "if I lose these pounds or remove this wrinkle, I can get a date or I can get my husband to love me again or I can get a job." Are these assumptions realistic? Sometimes they are, sometimes you can get good results, but oftentimes there's a lot of magical thinking about what really can be done and what changes can be made in your life. Most patients aren't looking for the technical procedure, but for happiness in some other form.

Rees: The bottom line of cosmetic surgery for most people is sexual. People want to look as good as they can. There's nothing wrong with a little vanity—all of us want to be sexually attractive. The best patient that I see comes in, sits down and says, "I want to look younger, I want to look more attractive, I want to be sexually more attractive."

LHJ: What's the prime age for a face-lift?

Rees: First of all we have to define a face-lift. It's a definitive operative procedure—not a little tuck on a Saturday afternoon. A face-lift is for jowls, for hanging necks, it's eyelid surgery for bags and so forth. The answer to your question is when they need it. It is very rare to do a face-lift on a thirty-year-old unless she has some unusual problem. We are doing face-lifts younger and younger, though—we're starting in the forties, usually forty-five to fifty-five. We do spend a lot of time convincing patients that face-lifts are not prophylactic—if you have one before you really need it, it won't prevent your face from falling. So the key is to find a qualified doctor who will be honest and not try to lift your purse.

LHJ: How about liposuction?

Rees: Liposuction is an extraordinarily effective procedure for the

right problem, such as what we call riding-breeches deformity, but it's not a cure for obesity.

LHJ: Dr. Marx, are you seeing people who think that if they can't lose weight, they can count on liposuction?

Marx: Yes, and I have to convince them that liposuction is only for specific, localized areas. Overweight people who somehow find a surgeon to perform the procedure are very disappointed with the results.

LHJ: Dr. Bihova, please explain collagen injections and the value of them.

Bihova: Practically everyone develops expression lines—frown lines, smile lines, etc., that can be temporarily eliminated with collagen injections. Collagen can also be used for superficial wrinkles, deep wrinkles and scars. The procedure consists of a skin test to insure that the patient isn't allergic, treatment sessions and touch-ups. The number of treatments varies, depending on how many injections a person needs. The procedure doesn't interfere with everyday routines—you can have it done and go back to the office.

LHJ: But isn't it an expensive temporary solution that you have to use more frequently as you get older?

Bihova: Collagen is relatively *(continued)*



"Adult acne is one of the results of stress. Many of my patients have developed it for the first time."

Dr. Bihova

the doctors' guide to BEAUTY

(continued) expensive at a few hundred dollars for one cubic centimeter. But you don't have to continue to use it if you don't want to. Injectable collagen undergoes the same fate as the skin's natural collagen—it continuously remodels. So as the aging process continues, you'll begin to see lines again, but they won't be any worse than they were before having the collagen injections.

Kligman: Collagen is temporary, lasting at most nine months, and if you don't like it, you don't have to do it anymore. Collagen is not a miracle that will erase wrinkles forever. It's a helpful adjunct for certain kinds of wrinkles, but it doesn't work for everyone.

Rees: In the same way that collagen injections must be continuous to be effective, so do Retin-A applications. I think one of the reasons Retin-A is doomed to fail with a large number of people is because they will not be persistent enough and use it properly. You have to use it for months at a time to see results.

Bihova: Some people get Retin-A from a friend, a pharmacist or a general practitioner and don't know the instructions for proper use. They end up with tremendous irritation and become very discouraged.

LHJ: That's a philosophical question, Dr. Kligman, does it concern you that you have created a product that everyone wants but not everyone knows how to use properly?

Kligman: No, because there is no toxicologic significance of misuse. If you put it in your eye, it won't do any harm. It's unfortunate that people will pay for the substance and the money will be wasted because they don't know how to use it. However, this is only the first species of retinoid. Eventually the product will be better formulated and easier to use.

LHJ: Dr. Kligman, do you see an increase in the use of these kinds of compounds?

Kligman: I think the most important thing about retinoic acid is its antitumor action. Retinoids control epidermal differentiation. When skin cells begin to go bad, they become abnormal. They come apart and have different sizes and shapes. Half of them, in photodamaged skin, don't even travel to the skin's surface. But after a month of treatment with retinoic acid, these cells are marching up to the skin's surface and they're all uniform. It's fantastic. As for the tumor progression, when a clone of cells begins a career toward cancer, which takes decades, we can interfere using retinoic acid, which interrupts the process prior to malignancy.

LHJ: Fascinating! And what's the next step in dentistry?

Smigel: We're working on getting rid of periodontal disease. We're looking at techniques to intercept the gum breakdown, similar to what Retin-A does to dying cells. We've developed the Kyes technique, in which we use specific materials, essentially baking soda and hydrogen peroxide, and force them under the tissues. If the periodontal disease is in a very early stage, the technique destroys it and actually reverses the damage. Our next step is working with antibiotics to limit and reverse an advanced stage of periodontal disease.

LHJ: Dr. Bihova, what are you looking forward to?

Bihova: To the availability of an invisible sun block, something that will be cosmetically elegant and that will also provide total protection against all kinds of ultraviolet light, including infrared light.

LHJ: If you were to give women one piece of advice, would it be to use a sun block every day, no matter where they live in this country?

Bihova: To stay away from the sun and to use sun block daily.

LHJ: Even in the winter?

Bihova: Yes. Once you get accustomed to it, it will be as natural as brushing your teeth. And as easy.

LHJ: Dr. Rees, what's the future in plastic surgery?

Rees: Improving the technology of surgery. For instance, lasers are not at this moment, except for very specific things, useful to us. But I think they will become useful in plastic surgery. I also think we'll make breakthroughs in diagnosis and planning of treatment. The other thing that will make a big difference is the biocellular research to prevent aging. Retin-A is just the beginning.

LHJ: Is there a changing taste in how people want to look after plastic surgery?

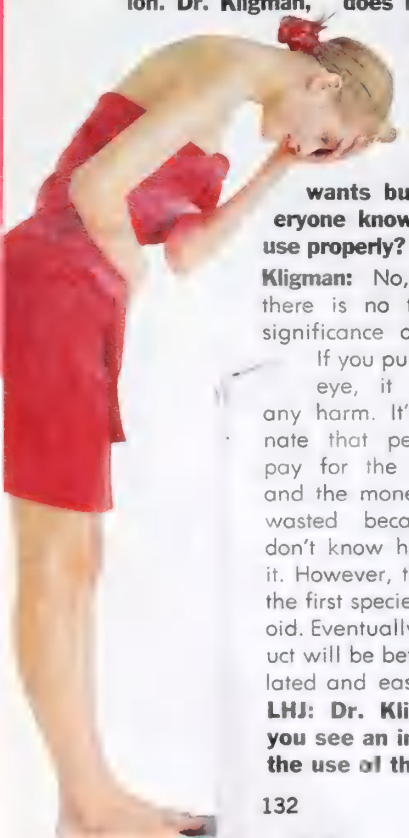
Rees: I think it's cultural. Look at nose surgery. Twenty years ago the cultural acceptance in the East Coast area was for a curved little nose. It was a little too narrow and a little pinchy in the tip. Today people want to look natural, not like they were "done." Standards have changed over the years.

LHJ: Dr. Marx, will concern about weight loss always be with us? Do you think if food manufacturers provide fat-free foods or foods with fat-depleting properties that it will make a difference in dieting?

Marx: We're on the frontier of a whole new type of medical knowledge—real advances are going to come not in the changes in foods themselves, but in better understanding and better ways of manipulating the chemicals in the brain that control appetite and urges to binge. We've already had substantial progress with new discoveries about how antidepressants can control the bulimic's urge to binge. A change in carbohydrate metabolism reduces the binges in people who are not depressed. It's not like the old amphetamine diet medications, which are addictive and cause all sorts of problems. These new medications seem to be useful without toxic side effects. The research is exciting and promising.

> "We're on the frontier of a whole new type of medical knowledge—manipulating chemicals in the brain that control bingeing."
> Dr. Marx

LHJ: It's obvious that nowadays the basis of beauty is health, and good medical advice leads to good health. You've provided *Journal* readers with invaluable information about the many treatments available to them now as well as the medical advances they can look forward to. Thank you all. ■



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When he outgrows chewables, he grows into Junior Strength Tylenol.

Jill St. John's kitchen

Its resident star cook isn't this room's only claim to fame—it's also the test kitchen for *The Jill St. John Cookbook* (note her restaurant-style stove, which she built the room around). Jill loves to cook for her friends (especially Italian dishes—pizza, pasta and bread), and her kitchen opens onto the living room so she can prepare a gourmet feast without missing out on her guests' conversation. Because she spends so much time here, Jill surrounds herself with her favorite things—old-time tin advertising signs and a cache of copper pots she has collected since she was fourteen.







"I always think of all the fun times I've had in this kitchen"

Photos, Dave Marlowe. Accommodations, The Historic Hotel Jerome. All flowers, The Aspen Branch Floral Arts. Details, page 194.



Sneak a peek inside the homes of the stars, and find out how they live and where they love to spend their spare time. **Jill St. John** heads straight for her rustic, homey kitchen to cook up a storm. A cozy country living room is where **Emma Samms** takes it easy. A glamorous bedroom is a perfect refuge for **Sally Struthers**, while Southern belle **Delta Burke** adores the sunny, serene charm of her sitting room. What makes these spaces really special? Each one is creatively decorated and chock-full of treasured collectibles gathered by the celebs themselves, which give the rooms a look unlike any other kitchen, bedroom or living room around. Perhaps their unique styles will spark ideas for your home!

MY FAVORITE ROOM

BY MARILYN GLASS, DECORATING EDITOR, AND KAREN REISLER, ASSOCIATE DECORATING EDITOR


"Much of the furniture here I found at secondhand stores and flea markets"





MY FAVORITE ROOM

Emma Samms' living room

Emma may have lived her *Dynasty* days within the hallowed halls of the Carrington compound, but she spends most of her personal time in this quaint, comfy space. Emma enjoys watching TV and entertaining here, surrounded by her prized possessions: left, a grand chesterfield sofa she unearthed from a movie-studio prop department and an antique English rocking horse (part of her carousel collection and a reminder of a cherished childhood toy). The living room also serves as a hobby shop: Notice the basket brimming with yarn and knitting needles, and below, the dollhouse awaiting Emma's finishing touch.





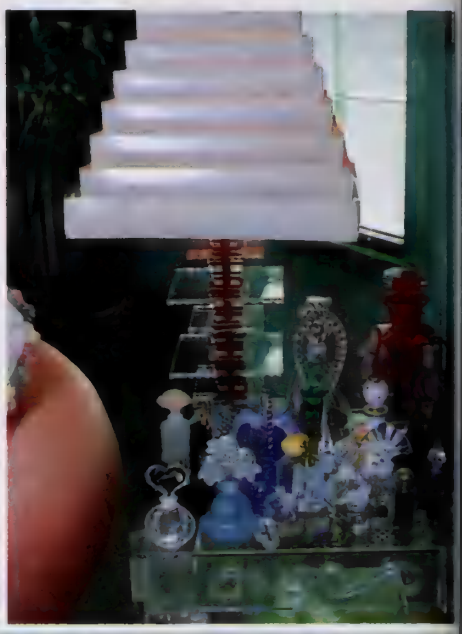
Photos, Richard Fish. Stylist, Lucia Balinbin. Accommodations, the Hotel Bel-Air. Flowers and plants, Nature's Way of Giving. Quilt and patchwork throw pillows, Margaret Covigga Quilt Collection. Details, page 194.

Sally Struthers' bedroom



Soothing shades of soft green and pale peach make Sally's roomy art deco bedroom an inviting retreat. A nature lover, she brings the outdoors in with floor-to-ceiling ficus trees. French doors let in plenty of sunlight and lead to Sally's backyard gardens. The grand tiled fireplace is flanked by tables topped with Sally's treasures—silver-framed photos of family and friends on one side and a gathering of colorful vintage perfume bottles on the other.

Photos, Michael Garland. Stylist for Sally Struthers and Delta Burke, Lucia Balinbin. Flowers and plants, Nature's Way of Giviag. Details, page 194.



"This was Rita Hayworth's house—I can imagine her sleeping in this room

MY ORITE ROOM

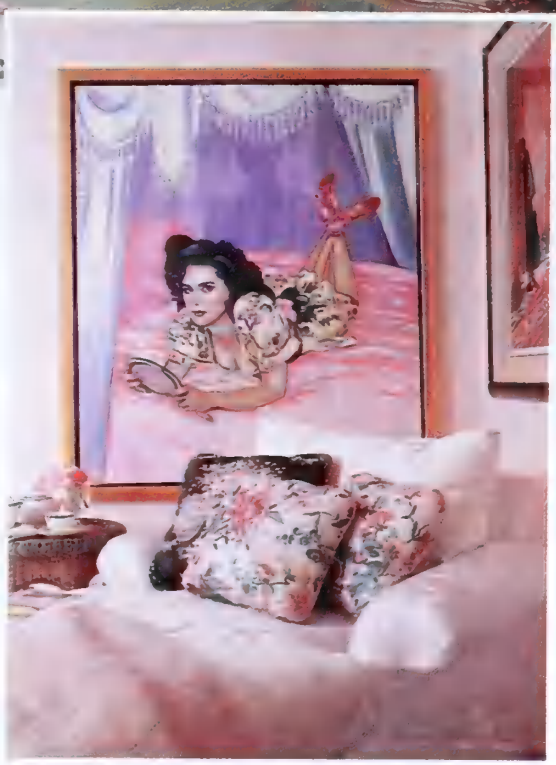




Delta Burke's sitting room

This designing woman filled her favorite room—and her whole house—with movie-star memorabilia (portraits of Marilyn Monroe and Delta herself adorn the walls). Delta's a Dixie girl at heart—warm wicker furniture with cheerful floral cushions, many large windows and ceiling fans give the sunny room a breezy, Southern garden-party feeling. She even named her pooches after those famous Louisiana ladies, Stella and Blanche!





Photos: above and far right, Richard Fish; near right, Tony Esparza/CBS. Flowers and plants, Nature's Way of Giving. Cotton rag rug, Pacific Oriental Rugs. Pharmacy lamp, Fantasy Lighting. Sunrise Mohair throw, Umbrello. Details, page 194.

The stars' best-loved possessions (clockwise from top): Sally's corner, which reminds her of "an old Victorian ice-cream parlor"; Delta's niche be-



decked with her movie-star plates; silk- and dried-flower wreaths handmade by Emma; and Jill's essential professional range



Exciting Journal contest

what's your FAVORITE ROOM?

You've had a peek at the stars' favorite retreats, now we want you to show us yours. So if there's a special room that is the heart of your home—your kitchen, living room, bedroom—tell us about it and how you decorated it. You could find it featured in the pages of a future *Journal* issue!

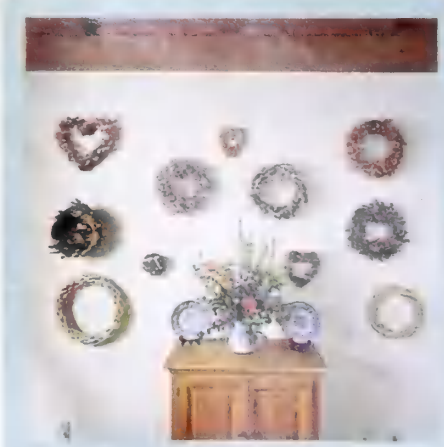
CHOOSING YOUR ROOM The room you submit must be a living room, family room, kitchen, master bedroom, child's room or home office in your house or apartment.

HOW TO ENTER Send us 35 mm slides or prints showing us the room from at least three angles. Tell us in one typewritten page why this is your favorite room and explain any decorating tips you have incorporated. (Also include a list of product sources and the approximate price of materials used in decorating your room.) For official rules and entry information, see page 194.



ENTRIES WILL BE JUDGED ON quality, comfort and, of course, beauty. Designs should be well proportioned and functional. Most important, the room should be a very personal expression of your style.

GRAND PRIZE $1000 gift certificate from Spiegel's Design Studio Collection and one room of DuPont Stainmaster carpeting, not to exceed fifty square yards. **1st prize,** Blue Chip IBM-compatible personal computer system including a Blue Chip color monitor, Computech trolley, Kinetics chair, from Conran's Home Furnishings Stores. **2nd prize,** four art deco side chairs from Grange Furniture Inc. **3rd prize,** Ascensia Lite-Down comforter and two down pillows from Scandia Down, one set of Martex sheets. **4th prize,** Zenith TV and VCR. **5th prize,** one forty-five piece Lenox Chinastone service for eight in "Poppies on Blue" pattern. **6th prize,** one room (225 square feet) of Armstrong Designer Solarian, Solarian II or Solarian Supreme floor tiles. **7th prize,** Clairson International will provide one of the following from Closet Maid: Kids Kloset Organizer System, Spacebuilder Modular Storage System, Kieje Cabinet Organizer System. **8th and 9th prizes,** $200 gift certificates from the Bombay Company, maker of eighteenth- and nineteenth-century reproductions. **10th prize,** solid brass Carr candlestick and Easton candlestick, courtesy of Virginia metalcrafters. All winners will receive a gift certificate from Exposures gift catalog.



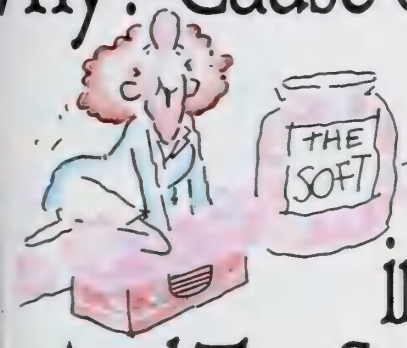
Photos from top: Michael Garland, Dave Marlowe, Richard Fish, Richard Fish.



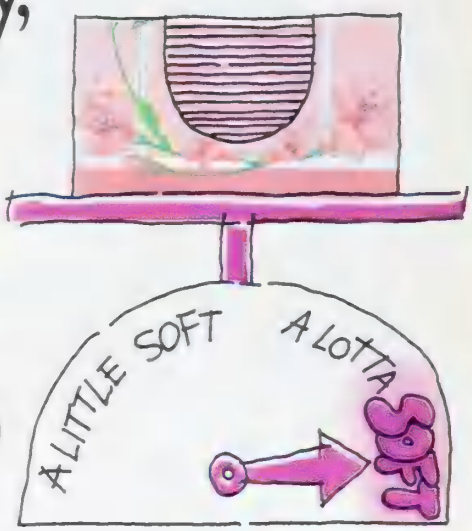
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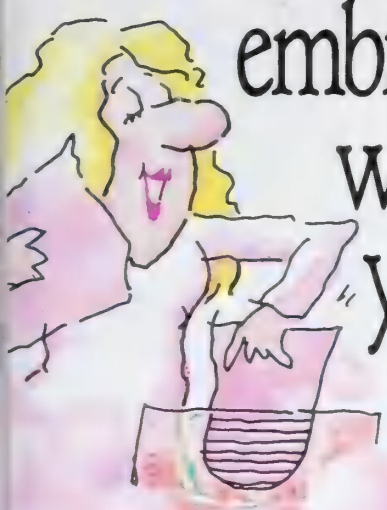
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enough for you? We think so.

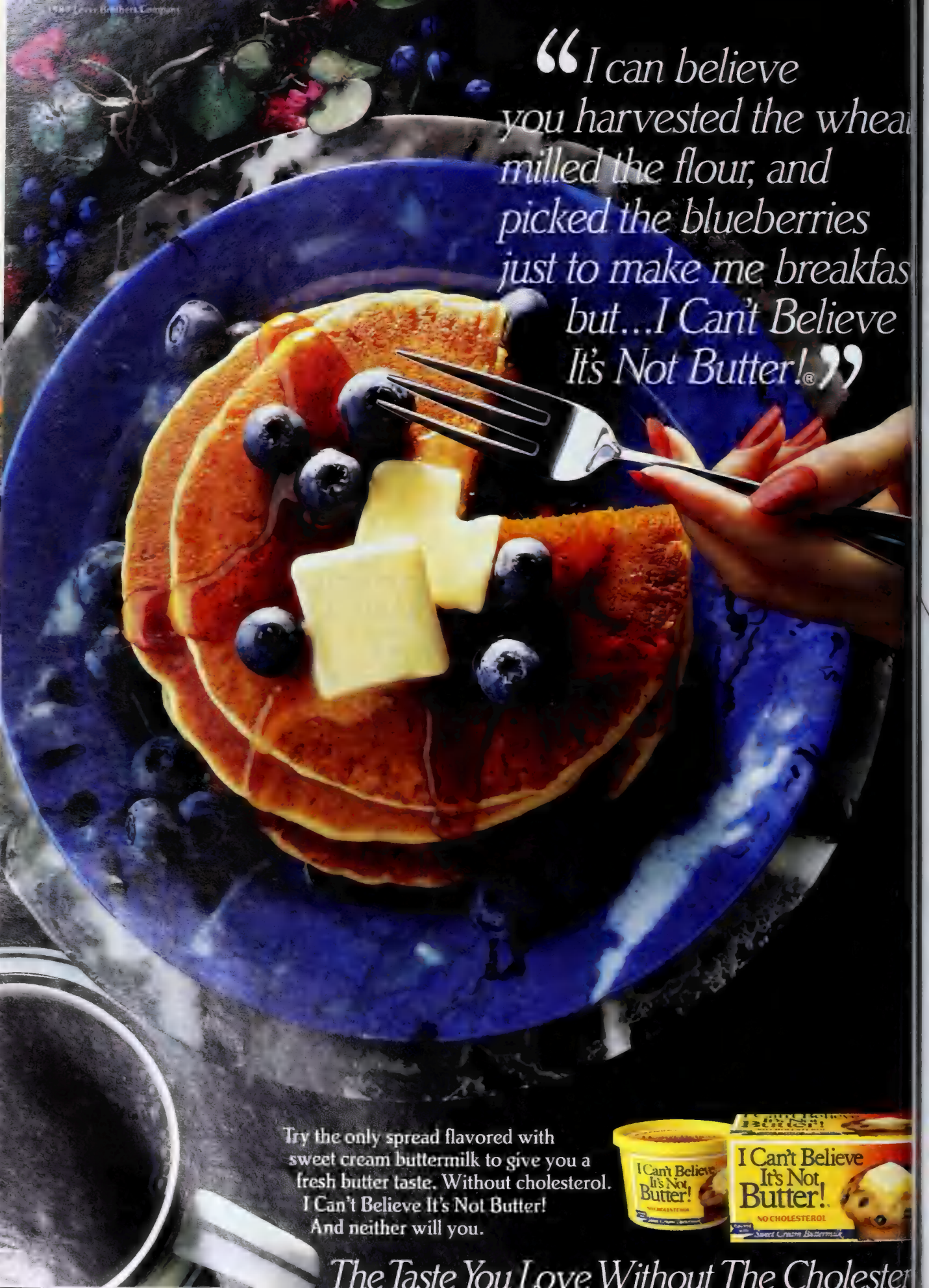






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WFOOD Journal

We know the very best way to warm up to winter . . . serve up **classic stews** to chase away the chill, from boeuf bourguignon to bouillabaisse . . . For an instant supper, pasta is primo! Our **pasta pronto** recipes feature sauces from top restaurants . . . February means spending time indoors, so before you settle into the sofa with your favorite video, check out the **snack attack** cookbook for a slew of new munching ideas . . . Want to make Valentine's Day oh-so-sweet and special? We'll help you **say it with chocolate**—you provide the kisses!







classic STEWS

HEARTY, OLD-FASHIONED STEWS—WHAT COULD BE MORE COMFORTING WHEN TEMPERATURES PLUNGE? HERE, FIVE MOUTH-WATERING RECIPES FOR FAVORITE WORLD-FAMOUS ONE-DISH MEALS, INCLUDING SAVORY OSSO BUCO–STYLE STEW, RIGHT. WHILE THESE MEAT-AND-VEGGIE MÉLANGES SLOWLY SIMMER, BAKE OUR CRUSTY BREAD TO SOP UP THE SAUCE!

BY JAN TURNER HAZARD, FOOD AND EQUIPMENT EDITOR

Photos, Mark Thomas; Prop Stylist, Nancy Wicklin; Food Stylist, A.J. Rathbone



○ Easy ● Challenging
◒ Moderate Ⓜ Microwave

VEAL STEW OSSO BUCO–STYLE

pictured on pages 144 and 145

Traditionally this Italian stew is made with veal shanks. We used stew meat that is simmered until fork-tender. A sprinkling of gremolada—a combination of parsley, lemon and garlic—just before serving titillates the taste buds.

Prep time: 35 minutes
Cooking time: 2 to 2½ hours

- 3 tablespoons all-purpose flour
- Salt and freshly ground pepper
- 4 tablespoons olive oil, divided
- 3 pounds veal stew meat, cubed
- 1 cup chopped onions
- ½ cup chopped carrot
- ⅓ cup chopped celery
- 1 cup dry white wine
- 1 teaspoon minced garlic
- 1 strip (3 in.) lemon peel
- 1 can (14 oz.) Italian plum tomatoes
- 1 tablespoon chopped fresh parsley
- ½ teaspoon thyme
- ½ teaspoon basil
- ¼ bay leaf

Gremolada

- 1 tablespoon chopped fresh parsley
- 1 teaspoon grated lemon peel
- ½ teaspoon minced garlic

Mix flour and ½ teaspoon *each* salt and pepper. Pat veal dry, then coat with flour mixture and shake off excess. Heat half the oil in a large skillet over medium-high heat. Add 7 or 8 pieces veal to skillet and brown on all sides; transfer to a Dutch oven. Repeat with remaining veal, adding remaining oil as needed.

Reduce heat under skillet to medium. Add onions, carrot and celery and cook until onions are transculent, about 3 minutes. Add wine, garlic and lemon peel; cook 10 minutes, scraping up browned bits on bottom of pan. Add to Dutch oven. Add tomatoes with liquid, parsley, thyme, basil and bay leaf. Simmer covered 1½ hours, stirring occasionally and breaking up tomatoes with spoon. Simmer uncovered 30 minutes more.

Meanwhile, prepare gremolada: combine all ingredients in bowl.

Season stew with salt and pepper. Serve with gremolada and saffron risotto or rice. Makes 6 servings.

Nutrition info per serving: 520 calories, 46 gm protein, 32 gm fat, 10 gm carbohydrates, 458 mg sodium, 161 mg cholesterol.



BOEUF BOURGUIGNON

A beef stew that hails from Burgundy, the great gastronomical region of France. The meat braises slowly in red wine with onions and mushrooms.

Prep time: 1 hour
Cooking time: 2 to 2½ hours

- 3 tablespoons all-purpose flour
- Salt and freshly ground pepper
- 3 tablespoons vegetable oil, divided
- 3 pounds beef chuck, cut into 1½-inch cubes
- 2 cups chopped onions
- ½ cup chopped carrot
- 1 teaspoon minced garlic
- 2 cups dry red wine
- 1 cup beef broth
- 1 tablespoon tomato paste
- 1 tablespoon chopped fresh parsley
- ½ teaspoon thyme
- 2 cups water
- 16 pearl onions, peeled
- 4 thick slices bacon, diced
- 8 ounces small fresh mushrooms

Mix flour and ½ teaspoon *each* salt and pepper. Pat beef dry; coat with flour mixture and shake off excess. Heat half the oil in a large skillet over medium-high heat. Add 7 or 8 pieces beef to skillet and brown on all sides; transfer to a Dutch oven. Repeat with remaining beef, adding oil as needed.

Reduce heat under skillet to medium. Add onions and carrot; cook, stirring frequently, until translucent, about 3 minutes. Add garlic and cook 30 seconds. Pour in wine and scrape up browned bits on bottom of pan with spoon. Add to Dutch oven with beef broth, tomato paste, parsley and thyme. Bring to simmer. Reduce heat to low and simmer covered, stirring occasionally, until beef is almost tender, about 1½ hours.

Meanwhile, bring 2 cups water to boil in large saucepan. Add onions and cook over medium heat until almost tender. Add bacon and cook 2 minutes more. Drain. Return to pan and cook, stirring occasionally, over medium heat until onions are lightly browned.

Add mushrooms and onions with bacon to stew. Simmer uncovered until meat is tender, about 30 minutes more. If sauce is too thin, increase heat to high and boil until slightly thickened. Season with salt and pepper. Makes 8 servings.

Nutrition info per serving: 610 calories, 31 gm protein, 49 gm fat, 10 gm carbohydrates, 467 mg sodium, 128 mg cholesterol.



FEIJOADA

The national dish of Brazil boasts robust flavor from the slowly simmered black beans, pork and sausage. Serve with oranges, rice and spinach each a good counterbalance to the rich taste of the stew.

Prep time: 45 minutes plus soaking
Cooking time: 2½ to 3 hours

- 1 pound dried black beans
- 3 tablespoons vegetable oil, divided
- 2 pounds boneless pork shoulder, cut into 1½-inch cubes
- 2 smoked ham hocks (about 1½ lb.)
- 4 cups water
- 2 cups chopped onions
- 1 tablespoon chopped garlic
- 1 teaspoon dried red pepper flakes
- 1 can (14 oz.) tomatoes
- 8 ounces garlic sausage or kielbasa, sliced ½ inch thick
- ½ cup chopped fresh parsley
- 1 teaspoon salt
- 2 cups long-grain rice, cooked according to package directions
- 2 packages (10 oz. each) frozen collard greens, cooked according to package directions
- 5 oranges, peeled and sliced

Rinse beans and pick over for sma stones and shriveled beans. Soa beans in water to cover overnight. (T quick soak, place rinsed beans in large pan and add water to cover by inch. Bring to a boil and boil 2 mi utes. Cover, remove from heat and l stand 1 hour.) Drain beans.

Pat pork dry. Heat 2 tablespoons o in a large skillet over high heat. Add or 8 pieces pork to skillet and brown o all sides. Transfer to a Dutch oven. R peat with remaining pork. Add soake beans, ham hocks and 4 cups water Dutch oven. Bring to boil. Reduce hea cover and simmer 2 hours. Remove ha hocks; cool slightly. Remove and discar skin and bones; shred meat and retur to Dutch oven.

Heat remaining 1 tablespoon oil i same skillet over medium-high hea Add onions and cook, stirring fr quently, until translucent, about minutes. Stir in garlic and red pepp flakes; cook 30 seconds. Add tomato and cook 10 minutes more, breal ing up tomatoes with spoon. Add t stew with sausage, *(continued*

Make that tater taste even greater. Melt on Cheddar cheese.



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nal Dairy Board, 1988

parsley and salt. Simmer uncovered 30 minutes. Serve with rice, greens and orange slices. Makes 8 servings.

Nutrition info per serving: 935 calories, 45 gm protein, 42 gm fat, 95 gm carbohydrates, 1,021 mg sodium, 112 mg cholesterol.



BRUNSWICK STEW

This Southern stew was originally made with squirrel, but chicken is now much favored. Both Virginia and Georgia claim the dish as their own.

Prep time: 30 minutes
Cooking time: 60 to 65 minutes

- 1 chicken (about 4 lb.), cut into 8 pieces
- 1½ teaspoons salt, divided
- ½ teaspoon freshly ground pepper
- ¼ teaspoon ground red pepper
- ½ cup all-purpose flour
- 2 tablespoons bacon fat or vegetable oil
- 3 cups sliced onions
- 1 teaspoon minced garlic
- ½ teaspoon rosemary, crushed
- ½ cup dry white wine
- 1 can (13¾ or 14½ oz.) chicken broth
- 1 can (14 oz.) whole tomatoes, chopped, liquid reserved
- 1½ pounds all-purpose potatoes, peeled and cut into ½-inch cubes
- 1 package (10 oz.) frozen corn
- 1 package (10 oz.) frozen baby lima beans
- 8 ounces okra, cut into 1-inch pieces, or 1 package (10 oz.) frozen okra

Sprinkle chicken with 1 teaspoon salt and both peppers, then coat with flour and shake off excess. Heat bacon fat in a large skillet over medium-high heat. Add chicken to skillet and sauté, turning once, until browned, about 10 minutes. Transfer to a Dutch oven.

Add onions, garlic, rosemary and remaining ½ teaspoon salt to skillet; cook, stirring frequently, until onions are translucent, about 5 minutes. Pour in wine and bring to boil. Add to Dutch oven with chicken broth and tomatoes and bring to boil. Reduce heat, cover pan and simmer 30 minutes. Stir in potatoes, corn, lima beans and okra. Simmer uncovered until tender, 30 to 35 minutes. Makes 8 servings.

Nutrition info per serving: 560 calories, 37 gm protein, 27 gm fat, 43 gm carbohydrates, 900 mg sodium, 118 mg cholesterol.



BOUILLABAISSE

This highly seasoned fish stew co from the Mediterranean coast. with aioli, a garlic mayonnaise.

Prep time: 30 minutes
Cooking time: 50 to 60 minutes

- 3 tablespoons extra-virgin olive oil
- 1 cup chopped onions
- ½ cup chopped leek
- 1 bulb fennel, chopped
- 1 tablespoon minced garlic
- 1 strip (3 in.) orange peel
- ¼ teaspoon thyme
- Pinch saffron threads
- 2 cans (14 oz. each) tomatoes, drained
- 4 bottles (8 oz. each) clam juice
- 1 cup water
- ½ cup dry white wine
- ½ teaspoon salt
- Aioli (recipe follows)
- 1 dozen littleneck clams, scrubbed
- 12 ounces monkfish fillets, cubed
- 12 ounces red snapper fillets, cubed



ces cod fillets, cubed
en shrimp, peeled and deveined
lespoon anise-flavored liqueur
spoon freshly ground pepper
oil in a Dutch oven over medium
Stir in onions, leek and fennel;
stirring frequently, until trans-
t, about 10 minutes. Stir in gar-
range peel, thyme and saffron;
1 minute. Add tomatoes, clam
water, wine and salt. Bring to
Reduce heat and briskly simmer
vered 30 minutes.
anwhile, make Aioli.
reaše heat to high and stir in
s. Cover and cook just until clams
about 5 minutes. (Discard any
ened clams.) Stir in fish, shrimp,
ur and pepper. Simmer covered
until fish is cooked, about 5 min-
more. Ladle into bowls and top
serving with dollop of aioli.
es 6 servings.

n info per serving: 320 calories, 43 gm
, 10 gm fat, 13 gm carbohydrates, 936 mg
, 117 mg cholesterol.

lespoon minced garlic
spoon salt
spoon fresh lemon juice
ge egg yolk, at room temperature
spoon freshly ground pepper
olive oil

2 tablespoons extra-virgin olive oil

With flat side of knife, crush garlic and salt to paste. Transfer to a mixing bowl. Add lemon juice, egg yolk and pepper and whisk until thickened. Whisk in oils by drops until emulsified and thickened. Refrigerate until ready to serve. Makes ¾ cup.

Nutrition info per tablespoon: 135 calories, 0 gm protein, 15 gm fat, 0 gm carbohydrates, 92 mg sodium, 23 mg cholesterol.



BAGUETTE

Nothing soothes the spirit more than fresh homemade French bread.

Prep time: 30 minutes plus rising
Baking time: About 35 minutes

1 package plus 1 teaspoon active dry yeast
½ cup warm water (110°F.–115°F.)
1 cup milk
½ cup hot water
¼ cup olive oil
1 tablespoon salt
5 to 6 cups all-purpose flour

Sprinkle yeast over warm water in a large mixing bowl; let stand 10 minutes to dissolve. Mix milk and hot water; add to yeast. Add oil and salt and mix until blended. Stir in 3 cups flour, then mix in enough of the remaining flour until dough cleans side of bowl. Knead on floured surface until smooth and elastic, about 10 minutes. Place dough in oiled bowl and turn to oil top. Cover; let rise in warm, draft-free place until doubled, about 1½ hours.

Grease a baking sheet. Punch dough down, turn out onto work surface and knead briefly. Cut dough in half. Shape each half into 16-inch-long loaf, rolling dough tightly and pinching seams securely. Place on prepared baking sheet. Cover and let rise until risen by half, about 1½ hours.

Preheat oven to 400°F. With sharp knife slash tops of loaves diagonally at 1-inch intervals. Bake until golden brown and loaves sound hollow when rapped, about 35 minutes. Cool on wire rack. Makes 2 loaves, 20 thick slices.

Nutrition info per serving: 160 calories, 4 gm protein, 3 gm fat, 27 gm carbohydrates, 336 mg sodium, 2 mg cholesterol. ■

Recipes developed by Carol Prager, Kathy Jackette and Lisa Brainerd.





PASTA pronto

Make a tangy, tasty meal in no time with sauces from the chefs of Ameri

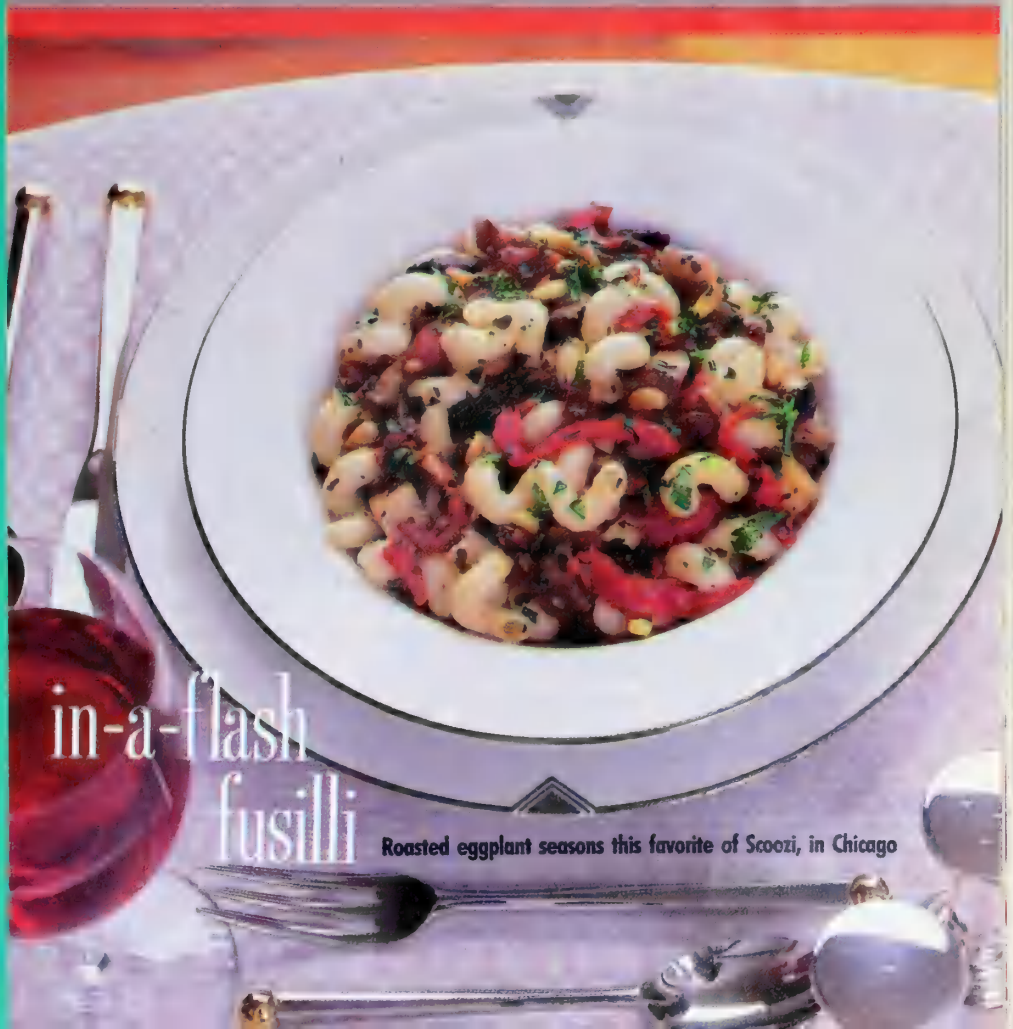
esto

enne An old Sicilian pairing of pasta and broccoli, from Tony's, St. Louis



speedy fettuccine

Try this zesty dish from Santa Monica's Trattoria Angeli



in-a-flash fusilli

Roasted eggplant seasons this favorite of Scoozi, in Chicago

We know you reach for pasta whenever there's no time to cook, so we asked the country's trendiest restaurants for sauces to turn your standby into a super-satisfying, elegant supper. With these daring new combos, you can whip up a delicious dinner in minutes!

Italian restaurants

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HOW TO COOK PERFECT PASTA

Many people have trouble making good pasta because they don't use a large enough pot. Pasta needs sufficient water to cook, but don't overcook so it's soggy. Our instructions will help you get great results.

For 1 pound pasta, fill a large pot with at least 4 quarts fresh cold water. Cover the pot and bring to a boil. When the water boils, add 1½ to 2 tablespoons salt (necessary for great flavor), then drop in the pasta. Cover the pot to quickly bring the water back to a boil. Uncover and boil the pasta, stirring occasionally, until it's *al dente*, tender but still firm to the bite. Another test is to cut 1 pasta strand in half. If the center is white, the pasta is undercooked; check again in 30 seconds or so. It's better to undercook pasta a little because it will continue to soften until it's cooled. Pour the pasta into a colander and shake to get rid of any water. Serve as soon as possible.

PRESTO PENNE AND BROCCOLI
Tony's, St. Louis

pictured on page 150

We used penne instead of cavatelli in this family recipe of owner Vincent Bommarito. Either way it's a classic.

Prep time: 10 minutes
Cooking time: 10 minutes

- ½ cup butter
- 6 cups small broccoli florets (about 1 bunch)
- ½ cup diced fresh mushrooms
- ½ cup chopped tomatoes
- ¼ cup freshly grated Parmesan cheese
- Salt and freshly ground pepper
- 1 pound penne or frozen cavatelli, cooked according to package directions

Melt butter in large skillet over medium-high heat. Add broccoli, mushrooms and tomatoes; cook, stirring frequently, until broccoli is tender, about 3 minutes. Stir in Parmesan and salt and pepper to taste. Add to pasta in wide serving bowl and toss well. Serve immediately. Makes 6 servings.

Nutrition info per serving: 475 calories, 16 gm protein, 18 gm fat, 65 gm carbohydrates, 266 mg sodium, 45 mg cholesterol.

SPEEDY FETTUCCINE WITH FENNEL
Trattoria Angeli, Santa Monica

pictured on page 151

A subtle hint of licorice from the fennel combines beautifully with the smoky flavor of pancetta, an Italian bacon.

Prep time: 20 minutes
Cooking time: 15 minutes

- ¼ cup extra-virgin olive oil
- 1 medium onion, thinly sliced
- 6 ounces pancetta or prosciutto ham, coarsely chopped
- 2 bulbs fennel (about 12 oz. each), trimmed and julienned
- 2 cans (14 oz. each) plum tomatoes, drained and chopped
- ¼ cup packed fresh basil leaves, julienned
- ¼ cup freshly grated Parmesan cheese, plus additional for serving
- Salt and freshly ground pepper
- 1 pound fresh or dried fettuccine, cooked according to package directions

Heat oil in a large skillet over medium heat. Add onion and cook until translucent, about 3 minutes. Add pancetta and cook about 3 minutes. Add fennel and tomatoes; cook until fennel is soft, 5 to 8 minutes. Stir in basil, Parmesan, and salt and pepper to taste. Add to pasta in wide serving bowl and toss well. Serve immediately with additional Parmesan. Makes 6 servings.

Nutrition info per serving: 495 calories, 19 gm protein, 18 gm fat, 66 gm carbohydrates, 771 mg sodium, 90 mg cholesterol.

From the book PASTA FRESCA by Viana La Place and Evan Kleiman (William Morrow).

IN-A-FLASH FUSILLI WITH EGGPLANT SAUCE
Scoozi, Chicago

pictured on page 151

Says chef Joe Decker, roasting the eggplant is the key. It gives the dish a sweet undertone.

Prep time: 20 minutes
Cooking time: 40 minutes

- 1 small eggplant, halved lengthwise
- ¼ cup extra-virgin olive oil
- 1 jar (7 oz.) roasted red peppers, drained and sliced
- ¼ teaspoon dried red pepper flakes
- 1 tablespoon minced garlic
- 1 can (14 oz.) Italian plum tomatoes
- 1 cup coarsely chopped pitted calamata or cured ripe olives
- ½ cup packed fresh basil leaves, chopped
- 1 pound dried short fusilli or elbow twists, cooked according to package directions
- 1 tablespoon pine nuts (pignoli), toasted
- Freshly grated Parmesan cheese for serving

Preheat oven to 450°F. Roast eggplant, cut sides down, on a baking sheet until tender, about 30 minutes. Cool, remove skin and coarsely chop pulp.

Heat oil in a large skillet over medium heat. Add roasted peppers, pepper flakes and garlic; cook, stirring constantly, 1 minute. Add eggplant, tomatoes with liquid, and olives; break up tomatoes. Simmer until eggplant is soft, about 5 minutes. Stir in basil. Add sauce to pasta in wide bowl; toss well. Sprinkle with pine nuts. Serve with Parmesan. Makes 6 servings.

Nutrition info per serving: 490 calories, 12 protein, 20 gm fat, 69 gm carbohydrates, 910 sodium, 0 mg cholesterol.



FETTUCCINE WITH TUNA AND OLIVES
Capriccio, Atlanta

According to chef Eric Hald, this rec is best with fresh pasta. It's so tas your valentine won't know he's getti a high-energy, low-cholesterol meal.

Prep time: 20 minutes
Cooking time: 10 minutes

- ¼ cup extra-virgin olive oil
- 1 pound fresh tuna fillet, cut into 1-inch chu
- 24 calamata or cured ripe olives, pitted and coarsely chopped
- 4 teaspoons capers, rinsed
- 2 garlic cloves, minced
- 3 tablespoons dry white wine
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 pound fresh or dried fettuccine, cooked
- ¼ cup chopped fresh flat-leaf parsley

Heat oil in a skillet over medium he Add tuna, olives, capers and garl cook, stirring, until tuna is no long pink, about 3 minutes. Sprinkle wi wine, salt and pepper; cook 2 minut more. Add to fettuccine in wide bo Sprinkle with parsley; toss well. Ser immediately. Makes 6 servings.

Nutrition info per serving: 520 calories, 28 protein, 20 gm fat, 56 gm carbohydrates, 582 sodium, 100 mg cholesterol.



CLAMS AND FEDILINI
RAF, San Francisco

Chef Rick O'Connell's nostalgia: S grew up in an Italian community New England, where everyone us clams in Old World recipes.

Prep time: 15 minutes
Cooking time: 10 minutes

- ¼ cup olive oil
- ½ cup minced onion
- 1 tablespoon minced garlic
- 3 dozen littleneck clams, scrubbed
- 1 cup dry white wine
- 1 bottle (8 oz.) clam juice
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh oregano or ½ teaspoon dried

(continue

TIME-TO-SPARE RIBS.

TIME-TO-SPARE RIBS.

large (14″ x 20″)
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cup flour
cups barbecue sauce
cup chopped onion
cup chopped green pepper
pounds pork spareribs,
fat trimmed

heat oven to 325°F. Shake
ur in large size (14″x20″)
nolds Oven Cooking Bag;
ce in 13x9x2-inch baking
. Add barbecue sauce, onion
green pepper. Squeeze bag
lend ingredients. Cut ribs in
ving size pieces; place in
. Turn bag to coat ribs with
ce. Arrange ribs in even
er. Close with nylon tie;
ke 6 half-inch slits in top.
e 1½ hours or until tender.
es: 4 to 6 servings.

ARIATION: BARBECUE SPARERIB DINNER.

2 cans (16 oz. each)
and beans, 1 tablespoon
ared mustard and 2 tea-
ons chili powder with
ecue sauce.

te: Sauce will cause inside
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PASTA PRONTO
continued

½ teaspoon dried red pepper flakes
1 pound dried fedilini or vermicelli, cooked
3 tablespoons butter or margarine, cut up

Heat oil in a large skillet over medium-high heat. Add onion and garlic; cook, stirring frequently, until translucent, 2 to 3 minutes. Add clams. Pour in wine and clam juice; sprinkle with parsley, oregano and pepper flakes. Increase heat to high. Cover; cook until clams open, 5 minutes. Discard any unopened clams.

Add clams to pasta in wide bowl. Add butter to skillet; whisk until melted. Pour sauce over clams; toss well. Serve immediately. Makes 6 servings.

Nutrition info per serving: 485 calories, 22 gm protein, 17 gm fat, 61 gm carbohydrates, 200 mg sodium, 46 mg cholesterol.



ROTELLE WITH PESTO SAUCE
Toscana, New York City

Owner Sergio Bitici tells us that this is a traditional recipe from Ligu near Genoa, where they call basil king of herbs.

Total prep time: 20 minutes

2 cups packed fresh basil leaves
¼ cup packed flat-leaf parsley
¼ cup pine nuts (pignoli)
¼ cup extra-virgin olive oil
2 tablespoons freshly grated Romano cheese plus additional for serving
1 garlic clove, minced
1 teaspoon salt
½ teaspoon freshly ground pepper
1 pound dried rotelle, spaghetti or fusilli, cooked according to package directions

Process basil, parsley, pine nuts oil in food processor until smo Transfer to wide serving bowl and in cheese, garlic, salt and pepper. pasta and toss well. Serve at once additional cheese. Makes 6 servin

Nutrition info per serving: 415 calories, 1 protein, 14 gm fat, 62 gm carbohydrates, 3 sodium, 2 mg cholesterol.



TAGLIATELLE WITH SPINACH AND SHRIMP SAUCE
San Domenico, New York City

Chef Marcattilii created this dish night when the restaurant was so that he ran out of almost everythin

Prep time: 15 minutes
Cooking time: 10 minutes

2 tablespoons extra-virgin olive oil
1 garlic clove, crushed
1 can (14 oz.) Italian plum tomatoes, drai and chopped
8 ounces spinach, stems removed, julienne
1 cup heavy or whipping cream
6 ounces chopped fresh shrimp
½ cup freshly grated Parmesan cheese
Salt and freshly ground pepper to taste
1 pound fresh tagliatelle or dried linguine, cooked according to package directions

Heat oil and garlic in a large sk over medium-high heat; do not br Remove and discard garlic. Add to toes and spinach; cook, stirring stantly, until spinach wilts. Sti cream and shrimp; cook until shr is just cooked through, about 3 utes. Stir in Parmesan and salt pepper to taste. Add to pasta in serving bowl and toss well. Serve mediately. Makes 6 servings.

Nutrition info per serving: 545 calories, 2 protein, 23 gm fat, 63 gm carbohydrates, 3 sodium, 104 mg cholesterol.

The best things come to those who bake.



EASY BAKED BEANS

4 slices bacon, diced
¼ cup chopped onion
2 cans (1 lb. each) Heinz Vegetarian Beans in Tomato Sauce
¼ cup Heinz Tomato Ketchup
3 Tbsp. light brown sugar
1 tsp. Heinz Worcestershire Sauce
Dash garlic powder

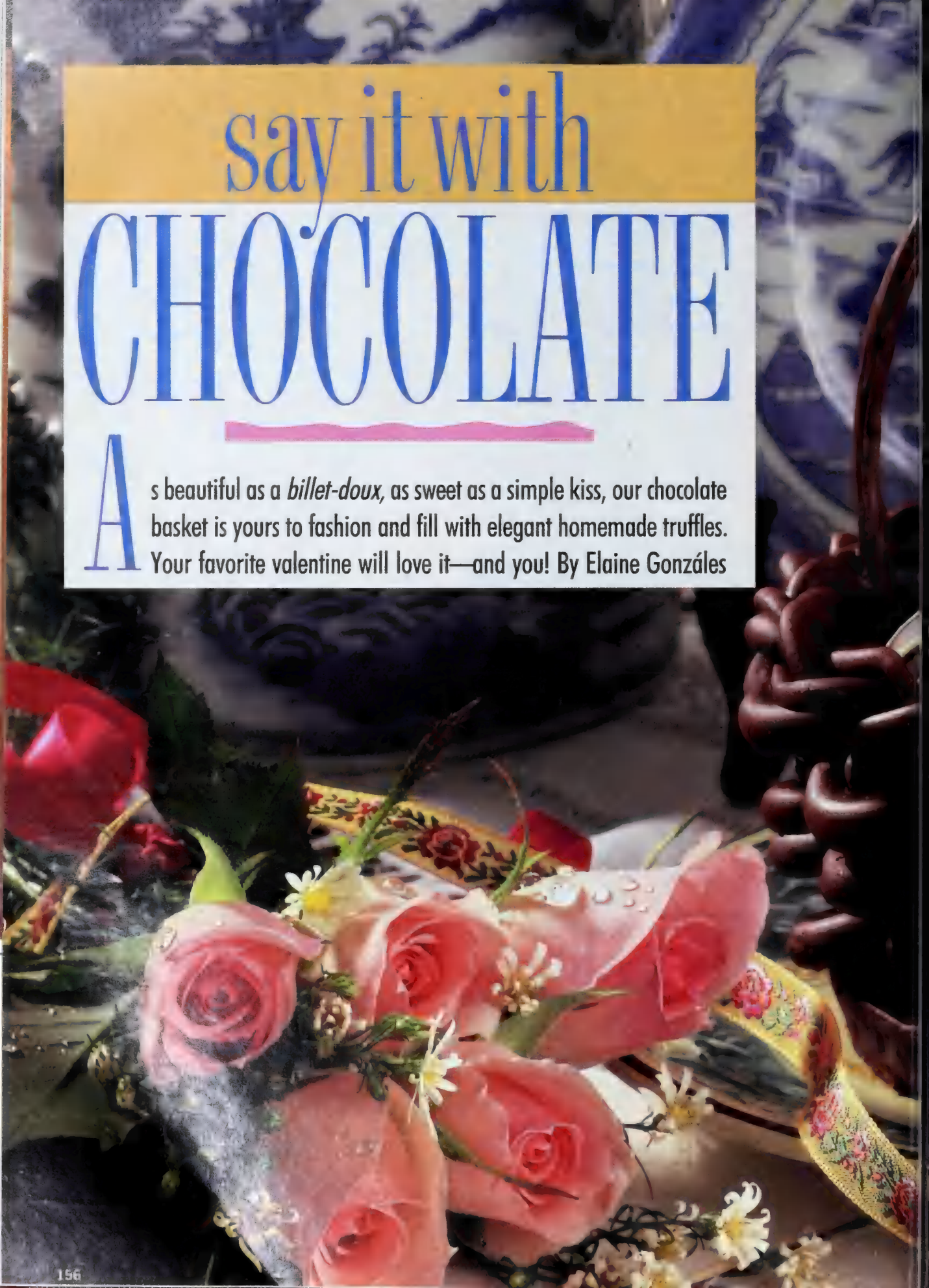
Sauté bacon until almost crisp. Add onion; continue to sauté until onion is tender. Drain excess fat. Combine bacon and onion with beans and remaining ingredients in a 1-quart casserole. Bake, uncovered, in 375°F oven, 50 to 55 minutes or until hot. Stir occasionally. Makes 6 servings (about 3½ cups).

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say it with CHOCOLATE

As beautiful as a *billet-doux,* as sweet as a simple kiss, our chocolate basket is yours to fashion and fill with elegant homemade truffles. Your favorite valentine will love it—and you! By Elaine Gonzáles





A tisket, a tasket, put truffles in the basket. You can create these luscious confections in plain chocolate or make your own variations with our special flavorings

say it with CHOCOLATE





Remember weaving baskets in Girl Scouts? This chocolate basket isn't any more difficult!

To begin, read all instructions! Make the chocolate clay (for the basket weave) first and let stand while making the basket base. If you've never worked with chocolate before, use the melting wafers—they don't have to be tempered. But use real semisweet chocolate for the truffles, because you can taste the difference.

Note: Reception candy sticks can be ordered through S.E. Rykoff & Co. Call 800-421-9873. Chocolate melting wafers are available in many grocery stores and can be ordered from Saco Foods, P.O. Box 5461, Madison, WI 53705.

Chocolate clay

10 ounces semisweet chocolate or chocolate melting wafers
⅓ cup light corn syrup

Place chocolate in top of a double boiler over hot but not simmering water. Heat, stirring occasionally, until melted and smooth. Add corn syrup and stir gently just until blended. Pour onto wax paper and spread ½ inch thick. Let stand until dry, 45 minutes to 1½ hours.

Basket base

6 ounces semisweet chocolate, tempered (instructions follow), or chocolate melting wafers
13 or 15 Reception candy sticks
14 inches plastic-coated 12- or 14-gauge conduit wire (sold in hardware stores)

Select a plastic bowl (such as a whipped topping container) with a 4- to 5-inch flat base and sloping sides. Melt chocolate as directed for Chocolate Clay; do not allow tempered chocolate to become hotter than 90°F. Reserve 1 tablespoon chocolate. Pour remaining chocolate in container to make base. Insert candy sticks, undipped ends up, at 1-inch intervals around edge of mold. Refrigerate until chocolate feels dry and cool, about 30 minutes. Unmold base.

Making the basket

Knead 2 tablespoons chocolate clay until malleable and roll into a ⅜-inch-thick rope. Repeat with remaining clay. Set aside one 18-inch rope for top edge and make one 10-inch rope for handle. Wrap 1 rope loosely around hand to prevent it from stretching. Attach rope to inside of base and weave around sticks. Splice next rope to end of last one; continue weaving and splicing until ropes reach just under undipped ends of sticks. If clay is too soft, refrigerate.

Cut candy sticks level with weaving. Halve rope for top edge; roll each half into thin 16-inch rope and twist together. Paint tops and undipped ends of sticks with reserved melted chocolate. Attach twisted rope to top of basket.

Handle: Bend conduit wire into arc and insert into top of basket. Secure handle with melted chocolate. Mold 10-inch clay rope smoothly around wire.

Tempering chocolate

Preheat oven to 200°F. Cut 8 ounces semisweet chocolate into 1-inch chunks. Place 4 ounces in food processor. Turn machine on and add remaining chocolate through feed tube; process until coarsely chopped. Remove to a saucepan or heatproof bowl. Place chocolate in oven and immediately turn oven off. Stir chocolate every 5 minutes until melted and heated to 100°F., 15 to 20 minutes. Add two 1-ounce squares semisweet chocolate in good temper (chocolate is dark with no discoloration on surface). Stir with folding motion until chocolate is cooled to 90°F. (When checking temperature, make sure chocolate covers nick in candy thermometer stem for accurate reading.) Remove chocolate squares and save for other use.

Line baking sheet with wax paper and spread tempered chocolate ½ inch thick on paper. Refrigerate 3 to 5 minutes; if surface is dry to the touch and center is cool, chocolate is tempered. If chocolate is not dry, it is not in temper and process will have to be repeated. Store, well wrapped, at cool room temperature. When melting tempered chocolate, do not allow it to get hotter than 90°F.

truffles

Making truffles is as easy as rolling cookie dough: If the chocolate gets sticky, chill it until it firms up. If it's too cold, let it warm up for a couple of minutes and try again.

Prep time: 1 hour plus chilling

1 cup heavy or whipping cream
12 ounces semisweet chocolate, chopped fine
¼ cup unsalted butter, cut up
Sifted confectioners' sugar or unsweetened cocoa

Heat cream in a medium saucepan until small bubbles form around edge. Remove from heat. Add chocolate and butter; stir until melted and smooth. If desired, stir in any flavorings (suggestions follow). Pour mixture on clean dry cookie sheet. Refrigerate until firm, at least 2 hours.

Using 2 teaspoons, scoop chocolate mixture into 1-inch mounds. Coat in confectioners' sugar or cocoa and quickly roll into balls. Refrigerate on a clean cookie sheet until firm. Coat as desired (suggestions follow).

Store truffles, well wrapped or in airtight containers, in refrigerator up to 1 week or in freezer up to 3 weeks. Dipped truffles will lose their shine when thawed, but the taste won't be affected. Makes about 4 dozen.

Flavorings: Add 1 cup finely chopped toasted nuts, such as walnuts, pecans or hazelnuts.

Add 3 tablespoons raspberry, orange, amaretto, almond, hazelnut or coffee liqueur or 2 tablespoons rum, whiskey, cognac or very strong brewed espresso.

Coatings: Dip in melted tempered chocolate, chocolate melting wafers or white chocolate, holding each truffle with a toothpick or fork. Refrigerate on wax paper on a clean cookie sheet until coating is set.

Or roll in sifted confectioners' sugar, sifted unsweetened cocoa, finely chopped toasted nuts, or toasted grated coconut.

If desired, drizzle or pipe dipped truffles with very thin lines of melted semisweet chocolate or melted white chocolate tinted with food color. ■

Elaine Gonzáles is a chocolate consultant and teacher. She is the author of Chocolate Artistry *(Contemporary Books).*

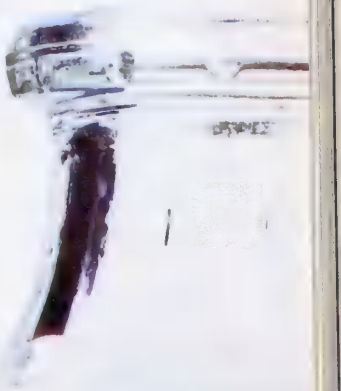
Joe Standart

THE FACTS ABOUT BUTTER'S NATURAL GOODNESS.



Ever wonder what's in the spreads you eat? Well, butter's great taste comes from real milk—while most other spreads are manufactured with things you can't pronounce, like palmitate, sodium benzoate and potassium sorbate. Natural delicious butter. Spread the good word.

GIVE 'EM ALL A LITTLE PAT OF BUTTER.



REAL

America's Dairy Farmers
National Dairy Board

EASY AS 1-2-3



February 6 is the Chinese New Year—celebrate with a festive Oriental dinner

Menu

FOR FOUR

***Watercress Egg-Drop Soup**

***Lemon Chicken Stir-Fry**

***Toasted Sesame Rice**

Fortune cookies and oranges

***Recipe given**

Menu by Carol Prager

WATERCRESS EGG-DROP SOUP

Soup's on in less than ten minutes. Ours uses watercress for zip.

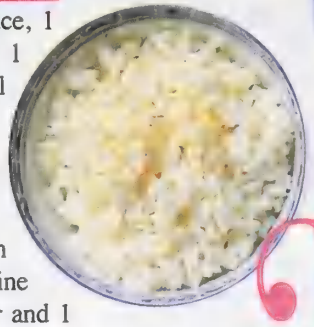
Combine 2 cans (13¾ or 14½ oz. each) chicken broth, 1 lightly crushed garlic clove and ¼ teaspoon freshly ground pepper in medium saucepan and bring to boil. Add 1 bunch coarsely chopped watercress and 1 lightly beaten egg; cook, stirring constantly, until egg is lightly cooked. Remove garlic and serve immediately.

Nutrition info per serving: 55 calories, 4 gm protein, 4 gm fat, 2 gm carbohydrates, 1,059 mg sodium, 69 mg cholesterol.



LEMON CHICKEN STIR-FRY

While the chicken marinates, chop and cook the vegetables. Stir-fry chicken, and dinner's ready in fifteen minutes.



Mix 2 tablespoons soy sauce, 1 tablespoon cornstarch and 1 tablespoon gin in bowl until smooth. Cut 1 pound boneless, skinless chicken breasts into strips and toss to coat with marinade.

Stir ¼ cup fresh lemon juice, 2 tablespoons rice wine vinegar, 4 teaspoons sugar and 1 teaspoon grated lemon peel in bowl. Set aside.

Heat 1 tablespoon vegetable oil in large skillet over medium-high heat. Stir in 3 sliced green onions, 1 sliced carrot, 1 cup sliced green pepper and 1 teaspoon minced garlic. Cover and cook 2 minutes. Remove from skillet.

Add 2 tablespoons oil to skillet and heat. Add chicken with marinade; stir-fry just until cooked through. Stir in lemon mixture. Reduce heat and simmer covered 2 minutes. Stir in vegetables. Serve hot with rice.

Nutrition info per serving: 265 calories, 27 gm protein, 12 gm fat, 12 gm carbohydrates, 597 mg sodium, 66 mg cholesterol.

TOASTED SESAME RICE

Fragrant with sesame oil and nutty toasted seeds, this rice takes no longer to prepare than plain rice.

Bring 2 cups chicken broth and 1 teaspoon Oriental sesame oil to boil in medium saucepan. Stir in 1 cup long-grain rice. Reduce heat and simmer covered until broth is absorbed and rice is tender, 15 to 20 minutes. Meanwhile, toast sesame seeds in small dry skillet over low heat, 2 to 3 minutes. Stir into rice. Serve hot.

Nutrition info: 195 calories, 4 gm protein, 3 gm fat, 38 gm carbohydrates, 582 mg sodium, 0 mg cholesterol.

Photo, Thom DeSanto; food stylist, Doro Jonssen.

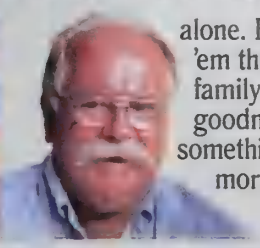
Oatmeal for dinner?

ou bet. Sometimes we get so
l up telling you what good
ition there is in Quaker® Oats,
orget how great-tasting
can be when you put 'em
ther with other ingredients
ecial recipes like these.
ats can bake up crunchy.

Or add heartiness to sauces and soups. Or a subtle texture to meat dishes. Or a nutty flavor to all sorts of baked goods.

These mouth-watering recipes here could easily make it on their tastiness





alone. But there's more to 'em than that. They fill your family with the natural goodness of oats. And that's something you can't beat mornin', noon or night.

Quaker® Oats. It's The Right Thing To Do.™



Italian Stuffed Meat Loaf

b. lean ground beef · 1 cup Quaker Oats
uick or Old Fashioned, uncooked) · One
½-oz. jar spaghetti sauce · ½ cup chopped
ion · ⅓ cup grated parmesan cheese ·
gg · 1 tablespoon Worcestershire sauce ·
easpoon pepper · ⅓ cup of any of the fol-
ving: sliced mushrooms, sliced ripe olives,
edded mozzarella cheese, shredded zuc-
ni · ½ cup (2 oz.) shredded mozzarella
ese · sliced ripe olives

at oven to 350°F. Grease 8-inch baking pan.
mbine ground beef, oats, ½ cup spaghetti sauce,
on, parmesan cheese, egg, Worcestershire and
per; mix well. Separate mixture into two equal
ts. Shape each into a patty about 7 inches in diam-
r. Place stuffing choices on one patty to within ½
n of edge. Top with other patty. Pinch sides to-
her to enclose stuffing; smooth edges into
nded loaf. Place into pan. Bake 40 to 45 minutes
until meat is done. Top loaf with 1 cup spaghetti
ce and mozzarella cheese. Garnish with olives
l serve with remaining sauce. 6 SERVINGS

CROWAVE OVEN DIRECTIONS

pare meat loaf as directed above. Place loaf into
ased glass pie plate. Cover with wax paper; mi-
wave at HIGH 8 minutes, turning plate ½ turn
r 4 minutes. Spoon 1 cup spaghetti sauce over loaf.
crowave at HIGH 2 to 4 minutes, uncovered.
inkle with mozzarella cheese. Microwave at
GH 1 minute or until cheese is melted.

rition Information: Each serving (1 slice). Calories
), Carbohydrates 21g, Protein 22g, Fat 24g.

Herbed Chicken Strips

1 ¼ cups Quaker Oats (Quick or Old Fashioned, uncooked) · 1 ¼ teaspoons basil · 1 teaspoon paprika · ½ teaspoon oregano · ½ teaspoon thyme · ¼ teaspoon garlic powder · 2 whole chicken breasts, boned, skinned, split · ¼ cup milk · ¼ cup margarine, melted · One 8-oz. can tomato sauce · ½ cup sliced green onions

Heat oven to 425°F. Place oats in blender container or food processor bowl; cover. Blend about 1 minute, stopping occasionally to stir. Cut chicken breasts in 1-inch strips. Coat chicken in combined ground oats, 1 teaspoon basil and spices; dip into milk, then again into oat mixture. Place in 15x10-inch pan; drizzle with margarine. Bake 25 to 30 minutes or until tender. Combine sauce, onions and remaining basil; heat through, stirring occasionally. Serve with chicken. 4 SERVINGS

Nutrition Information: Each serving (4 chicken strips, ¼ cup sauce). Calories 389, Carbohydrates 24g, Protein 35g, Fat 17g.

POP QUARTET



Pop open a Del Monte Fruit Cup,℠ Pudding Cup,℠ Fruit-in-Gel Cup or Yogurt Cup.℠

Anytime. Anywhere. Pop is the big new sound in snacks.

WE GROW GREAT TASTE

Del Monte QUALITY

Yogurt Cup currently not available in California.

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Uncontrollable cravings . . . they strike without warning! Read on for super snacks that will satisfy: from after-school treats to couch-potato indulgences

Caramel apples are moveable feasts



Snack-attack COOKBOOK



SLIM PICKINGS Do you love to snack but worry about your waistline? Nosh by the numbers—we counted those extra calories for you

5 calories

1 wafer candy

1 thin pretzel stick

1 cup black coffee

1 raw radish



10 calories

3 asparagus spears with squeeze of lemon

½ cup sugar-free fruit-flavored gelatin

1 medium celery rib



MICROWAVE MUNCHIES

The family is begging for a treat and nobody wants to wait. Here, ideas that cook up fast

Nutted Chocolate-Caramel Apples

Prep time: 30 minutes plus chilling

Lightly grease a cookie sheet. Insert Popsicle stick in stem end of each of 4 McIntosh apples.

Microwave 12 ounces chocolate chips in 4-cup microwaveproof measure on High 2 minutes, stirring once. Dip apples one at a time in chocolate, spooning chocolate over top to cover. Place on cookie sheet. Refrigerate until chocolate hardens, about 45 minutes.

Unwrap 1 package (14 oz.) caramels in 4-cup glass measure. Add 2 tablespoons water. Microwave 2½ minutes, stirring after each minute, until melted. Cool 10 minutes. Dip apples in caramel, spooning caramel over top to cover.

Let stand on cookie sheet 3 minutes, then roll in 2 cups chopped toasted nuts. Let stand until firm. Makes 4 servings.

Nutrition info per apple: 1,295 calories, 16 gm protein, 78 gm fat, 157 gm carbohydrates, 232 mg sodium, 2 mg cholesterol.

Chocolate-Chip Caramel Pretzels

Total prep time: 45 minutes

Line a cookie sheet with wax paper. Unwrap 1 package (14 oz.) caramels into 4-cup microwaveproof measure. Add 2 tablespoons water. Microwave on High until melted, about 2½ minutes, stirring every minute. Cool about 10 minutes. Dip 20 pretzel rods into caramel just to coat, leaving 2-inch handle. Roll in 3 cups miniature semisweet chocolate chips. Place on wax paper and let stand until firm, about 15 minutes. Makes 20.

Nutrition info per pretzel: 265 calories, 3 gm protein, 12 gm fat, 41 gm carbohydrates, 297 mg sodium, 0 mg cholesterol. ▶

all photos, microwave sundae; opposite, all illustrations, jeff fitzgerald; food stylist, diane sweet

Oat Candy Squares

Prep time: 10 minutes plus chilling

Lightly coat an 8-inch square pan with butter or margarine. Coarsely chop 4 Snickers candy bars (2.16 oz. each) and combine with 3 tablespoons butter or margarine and 1 tablespoon water in large microwaveproof bowl. Microwave uncovered on High 1 minute and stir. Microwave 20 seconds more and stir until smooth. Stir in 3 cups toasted oat cereal, ½ cup raisins and ½ cup roasted peanuts. Transfer to prepared pan and press evenly. Refrigerate until firm, about 1 hour. Cut into 16 squares. Makes 16 servings.

Nutrition info per serving: 155 calories, 4 gm protein, 9 gm fat, 16 gm carbohydrates, 112 mg sodium, 10 mg cholesterol.

Spicy Nachos

Total prep time: 5 minutes

Put 2 cups tortilla chips on a 9-inch paper or microwaveproof plate. Top with ½ cup shredded sharp Cheddar cheese and 1 tablespoon canned chopped green chilies. Cover loosely with piece of wax paper. Microwave on High until cheese melts, about 30 seconds. Uncover and sprinkle with 1 tablespoon sliced green onion. Serve at once. Makes 1 serving.



Nutrition info per serving: 600 calories, 20 gm protein, 37 gm fat, 51 gm carbohydrates, 900 mg sodium, 60 mg cholesterol.

Chocolate-Filled Croissant

Total prep time: 2 minutes

Split 1 small croissant horizontally in half. Place one quarter of milk chocolate bar (1.65 oz.) on bottom half and replace top. Microwave on High until chocolate is softened, about 50 to 60 seconds. Makes 1 serving.

Nutrition info per serving: 170 calories, 3 gm protein, 10 gm fat, 18 gm carbohydrates, 151 mg sodium, 2 mg cholesterol.

Knockwurst in Beer

Total prep time: 10 minutes

Slice 1 pound knockwurst diagonally and place in an 8-inch microwaveproof dish. Pour in 1 cup beer and sprinkle with ½ teaspoon caraway seeds. Cover with wax paper. Microwave on High 3 minutes. Stir to rearrange sausage and microwave 3 minutes more. Serve with grainy mustard. Makes 8 servings.

Nutrition info per serving: 175 calories, 7 gm protein, 16 gm fat, 1 gm carbohydrates, 574 mg sodium, 33 mg cholesterol.

KIDS' STUFF

Sugar and spice and everything nice—a slew of easy-cooking eats the children can create themselves (with Mom's help)

Chocolate Dip

Total prep time: 5 minutes

Mix ½ cup heavy cream and ¼ cup light corn syrup in a microwaveproof bowl. Microwave on High 1½ minutes. Stir in 6 ounces chocolate chips until melted. Serve with cake squares, marshmallows and fruit. Makes 1¼ cups.

Nutrition info per tablespoon: 75 calories, 0 gm protein, 5 gm fat, 8 gm carbohydrates, 5 mg sodium, 8 mg cholesterol.

Grilled Peanut Butter and Jam

Total prep time: 10 minutes

Spread 1 tablespoon softened butter or ▶



Fondue for the after-school set

15 calories

1 gummy bear

1 saltine cracker

3 cauliflower florets

3 chocolate-covered raisins

1 jujube

20 calories

¼ cup grapes

½ cup green beans

1 whole pitted date

5 Goldfish crackers

1 large kosher pickle

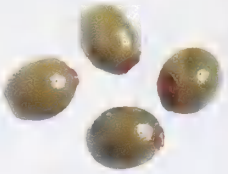
25 calories

½ cup cubed cantaloupe

1 walnut

2 miniature chocolate mint patties

4 large green olives



30 calories

5 whole almonds

1 gingersnap cookie

1 small peach

1 peeled medium cucumber

My sister is 10 and she says milk tastes better than oil.





Kraft® Singles | Imitation Slices

We would never argue with such an impressive authority.

Imitation slices are made mostly from oil and water. But each ¾ oz. slice of Kraft® Singles is made from five ounces of milk.

Some people already know why Kraft® Singles taste better than imitations. They're called older sisters and brothers.



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Milk makes the difference.

margarine over 2 thin slices whole wheat bread. Spread unbuttered side of 1 slice with 1 tablespoon peanut butter, then spread 1 tablespoon raspberry jam over peanut butter. Top with second bread slice, buttered side up.

Heat a small skillet over medium heat. Add sandwich and cook until browned, 3 to 4 minutes per side. Makes 1 serving.

Nutrition info per serving: 365 calories, 10 gm protein, 21 gm fat, 38 gm carbohydrates, 438 mg sodium, 32 mg cholesterol.

Banana-Split Crepes

Total prep time: 10 minutes



Peel 1 ripe banana and cut lengthwise in half; place in a banana-split dish. Drape one 9-inch prepared crepe over banana. Arrange 1 scoop each strawberry, vanilla and pistachio ice cream on crepe. Top with 2 tablespoons hot fudge sauce, 1 cup whipped cream, 2 tablespoons chopped walnuts and 3 maraschino cherries. Serve with small pitcher of hot fudge sauce. Makes 2 servings.

Nutrition info per serving: 300 calories, 6 gm protein, 13 gm fat, 43 gm carbohydrates, 85 mg sodium, 22 mg cholesterol.

Hot Chocolate Malted

Total prep time: 5 minutes

In blender combine ¾ cup hot (not boiling) milk, 2 tablespoons chocolate chips and 1 tablespoon malted milk powder. Cover and blend until smooth. Makes 1 serving.

Nutrition info per serving: 285 calories, 9 gm protein, 14 gm fat, 32 gm carbohydraes, 213 mg sodium, 32 mg cholesterol.

Pita Pizzas

Total prep time: 10 minutes

Mix 1 tablespoon olive oil, ½ teaspoon minced garlic, ¼ teaspoon freshly ground pepper, ¼ teaspoon dried basil and a pinch dried oregano in a medium microwaveproof bowl. Cover with plastic wrap, turning back one section to vent. Microwave on High 1 minute. Stir in 1 can (8 oz.) tomato sauce. Microwave covered 1 minute. (Or heat oil mixture in medium saucepan over medium heat 2 minutes. Add tomato sauce and heat through.)

Split 3 pita breads and broil, turning once, until toasted. Turn pitas cut sides up and spread with tomato sauce. Sprinkle with 1 cup shredded mozzarella cheese and 2 tablespoons grated Parmesan cheese. Broil until cheeses melt, 1 to 2 minutes. Makes 6.

Nutrition info per pizza: 180 calories, 8 gm protein, 7 gm fat, 22 gm carbohydrates, 512 mg sodium, 16 mg cholesterol.

Granola Popcorn

Total prep time: 10 minutes

Coarsely chop 8 chocolate-covered granola bars (1 oz. each). Combine with 10 cups seasoned popped popcorn in large bowl. Makes 12 cups.

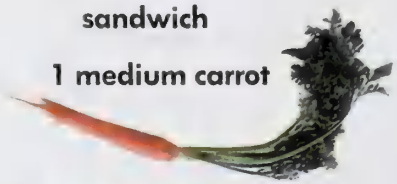
Nutrition info per cup: 105 calories, 2 gm protein, 4 gm fat, 16 gm carbohydrates, 55 mg sodium, 0 mg cholesterol. ▶

35 calories

1 frozen diet chocolate mousse bar

1 peanut butter cracker sandwich

1 medium carrot



40 calories

½ Florida pink grapefruit

2 vanilla wafers

8 oyster crackers

2 melba rounds with 1 teaspoon preserves

45 calories

1 cup strawberries

1 blackberry fruit leather

2 tea biscuits

1 slice pepper loaf cold cuts

50 calories

10 fresh sweet cherries

4 jelly beans

4 teddy bear graham crackers

55 calories

1 ounce low-cal cheese

6 animal crackers

3 apricots



Double-feature fare is in the bag



FOR GLASSES THIS SPOTLESS...

SUNLIGHT

POWDER OR LIQUID.
NOTHING GETS GLASSES
MORE SPOTLESS!





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INSTANT ENERGIZERS

When you're hungry and tired and need energy to burn—for late-night working or all-night partying—count on the kinds of bites that will boost your stamina

Peanut Butter-Apple Grahams

Total prep time: 3 minutes

Break 1 large graham cracker along perforations into 4 pieces. Spread 1 teaspoon peanut butter on each piece and top with thin apple slice. Makes 4.
Nutrition info per piece: 65 calories, 2 gm protein, 3 gm fat, 7 gm carbohydrates, 73 mg sodium, 0 mg cholesterol.

Pita Pockets with Hummus

Total prep time: 20 minutes

Drain and rinse 1 can (16 oz.) chick-peas (garbanzo beans) and place in mixing bowl. Add ⅓ cup sesame tahini, 2 tablespoons water, 1 tablespoon fresh lemon juice, 1 teaspoon olive oil, ½ teaspoon minced garlic, ¼ teaspoon salt and ¼ teaspoon freshly ground pepper. Mash until blended but still slightly chunky. Set hummus aside.

Cut 4 whole wheat pita breads crosswise in half and open pockets. Fill each pita half with ¼ cup hummus, 4 thin cucumber slices, ¼ cup shredded carrot, and ⅓ cup trimmed watercress. Makes 4 servings.
Nutrition info per serving: 445 calories, 16 gm protein, 14 gm fat, 69 gm carbohydrates, 876 mg sodium, 0 mg cholesterol.

Cheddar Chutney Toasts

Total prep time: 10 minutes

Toast both sides of 4 slices firm white bread under broiler. Spread 2 teaspoons chutney over each toast slice and top each with ¼ cup shredded sharp Cheddar cheese. Broil until cheese melts, 30 to 60 seconds. Makes 4 servings.
Nutrition info per serving: 205 calories, 9 gm protein, 10 gm fat, 19 gm carbohydrates, 320 mg sodium, 30 mg cholesterol.

Oriental Glazed Chicken Cubes

Total prep time: 10 minutes

Toast 3 tablespoons sesame seeds in medium skillet over medium-high heat until golden brown; transfer to a plate. Coat skillet with vegetable cooking spray and return to heat. Add 8 ounces chicken nuggets (unbreaded and uncooked), 1 tablespoon soy sauce and 1 teaspoon grated fresh ginger. Cook, stirring constantly, just until chicken is cooked through. Add 1 tablespoon light brown sugar and cook until chicken is glazed. Place nuggets on sesame seeds and turn to coat. Makes about 2 dozen.
Nutrition info per piece: 20 calories, 2 gm protein, 1 gm fat, 1 gm carbohydrates, 49 mg sodium, 5 mg cholesterol. ▶





Get your motor running

60 calories

1 fig bar

1 medium orange

1 ounce roast turkey breast meat

1 cup chicken rice soup

65 calories

1 macaroon cookie

1 rice cake with 1 teaspoon peanut butter

1 cup fresh raspberries

5 cashews

70 calories



1 Double Stuff chocolate sandwich cookie

1 pineapple frozen fruit bar



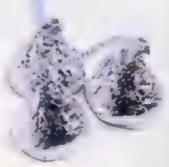
1 medium nectarine

75 calories

¾ cup lemonade

1 tablespoon caviar and 2 dark thin crisp breads

3 chocolate Kisses



20 green seedless grapes



HERE COMES THE FUDGE.



BAKER'S & KARO • SIMPLE INDULGENCE

velous Marble Fudge PREP. TIME: 10 MIN.

p KARO® Light or Dark Corn Syrup
p evaporated milk
gs. (8 oz. ea.) BAKER'S® Semi-Sweet Chocolate
2 teaspoons vanilla
¾ cup confectioners sugar, sifted
⅓ cup peanut butter

8x8x2-inch pan with plastic wrap. In 2-quart saucepan stir corn syrup and milk. Add chocolate. ring constantly, cook over medium-low heat until chocolate is melted. Remove from heat.* in vanilla; add sugar. With wooden spoon, beat until smooth. Spread in pan. p peanut butter by teaspoonfuls on fudge. With knife, swirl peanut butter through ge to marbleize. Chill 2 hours or until firm. Invert onto cutting board; peel off tic wrap. Makes about 25 (1½ inch) squares.

rowave Directions: In 3-quart microproof bowl stir corn syrup and milk. Stir in olate. Microwave at High (100%), stirring once, 6 min. or until chocolate mpletely melted and almost entire surface bubbly. Continue as above.



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Pistachio Banana Smoothie

Total prep time: 5 minutes

Process ¼ cup unsalted pistachios in blender until finely ground. Add ¼ cup fresh orange juice, 8 ounces plain low-fat yogurt, 1 ripe medium banana and 2 drops almond extract. With machine on, drop in 1 cup ice cubes one at a time; continue processing until smooth. Makes 2 servings.

Nutrition info per serving: 230 calories, 10 gm protein, 10 gm fat, 29 gm carbohydrates, 81 mg sodium, 7 mg cholesterol.

California Mini Bagels

Total prep time: 10 minutes

Split 4 plain mini bagels and place on cookie sheet. Drizzle each with ½ teaspoon extra virgin olive oil. Combine 2 ounces goat cheese, 2 tablespoons heavy cream, 1 tablespoon chopped sun-dried tomatoes and pinch thyme; spread over bagels. Broil 3 inches from heat until cheese bubbles, 1½ minutes. Makes 4 servings.

Nutrition info per serving: 205 calories, 6 gm protein, 13 gm fat, 17 gm carbohydrates, 346 mg sodium, 23 mg cholesterol

Cheesy Fries

Total prep time: 30 minutes

Bake 1 package (16 oz.) frozen french fries according to package directions. Mix ¼ teaspoon cumin, ¼ teaspoon freshly ground pepper and pinch ground red pepper; sprinkle over fries. Gather fries close in half of pan. Top with ½ cup shredded sharp Cheddar cheese. Bake until cheese melts, 1 to 2 minutes more. Makes 2 servings.

Nutrition info per serving: 490 calories, 13 gm protein, 24 gm fat, 57 gm carbohydrates, 229 mg sodium, 30 mg cholesterol.

Mile-High Sandwich

Total prep time: 5 minutes

Spread 1 slice pumpernickel bread with 2 tablespoons whipped cream cheese. Top with 2 ounces sliced ham, 1 ounce sliced salami, 4 thin slices avocado and 2 thin slices red onion. Squeeze lime wedge over all and top with another slice of pumpernickel bread. Makes 1 serving.

Nutrition info per serving: 530 calories, 25 gm protein, 31 gm fat, 42 gm carbohydrates, 1,714 mg sodium, 75 mg cholesterol. ■

Recipes developed by Carol Prager, Kathy Jackette and Lisa Brainerd.

COUCH-POTATO DELIGHTS

What are the very best treats to curl up with in front of the VCR? Comforting food like soda, fries and Dagwood-style sandwiches

Peppermint Soda

Total prep time: 5 minutes

Mix ¾ cup cold lemon-lime soda and 1 tablespoon grenadine syrup in 12-ounce soda glass. Add 2 scoops peppermint stick ice cream. Makes 1 serving.

Nutrition info per serving: 270 calories, 2 gm protein, 7 gm fat, 50 gm carbohydrates, 80 mg sodium, 30 mg cholesterol.



Peppermint soda reaches new heights

80 calories

½ cup fruit cocktail packed in water

1 frozen chocolate pudding pop

85 calories

1 slice 7-grain bread with 1 teaspoon apple butter

2 plain breadsticks

2 medium plums

90 calories

1 chewy granola bar

¾ cup apple juice

4 cups air-popped popcorn

95 calories

1 cup grapefruit juice

8 corn tortilla chips and 1 tablespoon sour cream dip

100 calories

1 fruit-filled fruit-leather stick

1 small scoop orange sherbet

1 cup carrot juice


The Daily Cow
NEW CHOCOLATE MILK MIX FROM HERSHEY CAUSES STAMPEDE
Rich chocolatey taste thrills milk lovers everywhere
The Weather
Our cows in the COWWatch Weather Copter report clear skies with a chance of showers late in the day
HERSHEY'S
CHOCOLATE
MILK
MIX
Now Hiring Holsteins
ROOSTER FEATHERS RUFFLED



PROMISE®
IT'S AT THE HEART OF EATING RIGHT.

February. Heart Month. When matters of the heart demand utmost onsideration. Promise urges you to take this time to start caring or your heart.

Include foods low in saturated fat and cholesterol in your amily's diet. This can help lower your family's evel of serum cholesterol, and that can elp reduce their risk of heart disease.

Start with Promise® Spread. It's made vith sunflower oil, so it's lower in aturated fat than regular margarine. And t has absolutely no cholesterol.

Try Promise. It's so delicious, your vhole family might just have a change f heart about eating right.

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GET HEART SMART.™

recipe index

*Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements (in boldface). *Includes microwave instructions.*

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*Spicy Nachos p. 164

According to a spokesman at Walt Disney World, the Raspberry Vinaigrette Dressing served at the Coral Reef is extremely popular. Here is the recipe:

In mixing bowl combine ¼ cup red wine vinegar; 1 chopped hard-cooked egg; 2 tablespoons raspberry tamarind* or 1 tablespoon seedless raspberry jam and teaspoon fresh lemon juice; 1 tablespoon *each* chopped sweet red pepper, green olives, fresh parsley, green onion and Spanish onion; 1 teaspoon *each* chopped capers, sweet relish and minced garlic; teaspoon *each* sugar, dry mustard, salt and dried basil; and ¼ teaspoon *each* dried oregano and freshly ground pepper. Whisk in 1¼ cups vegetable oil in thin, steady steam. Makes 2 cups.

*Raspberry tamarind can be ordered from Helen's Tropical Exotics, 3519 Church St., Clarkston, GA 30021.

INSIDE THE JOURNAL KITCHEN

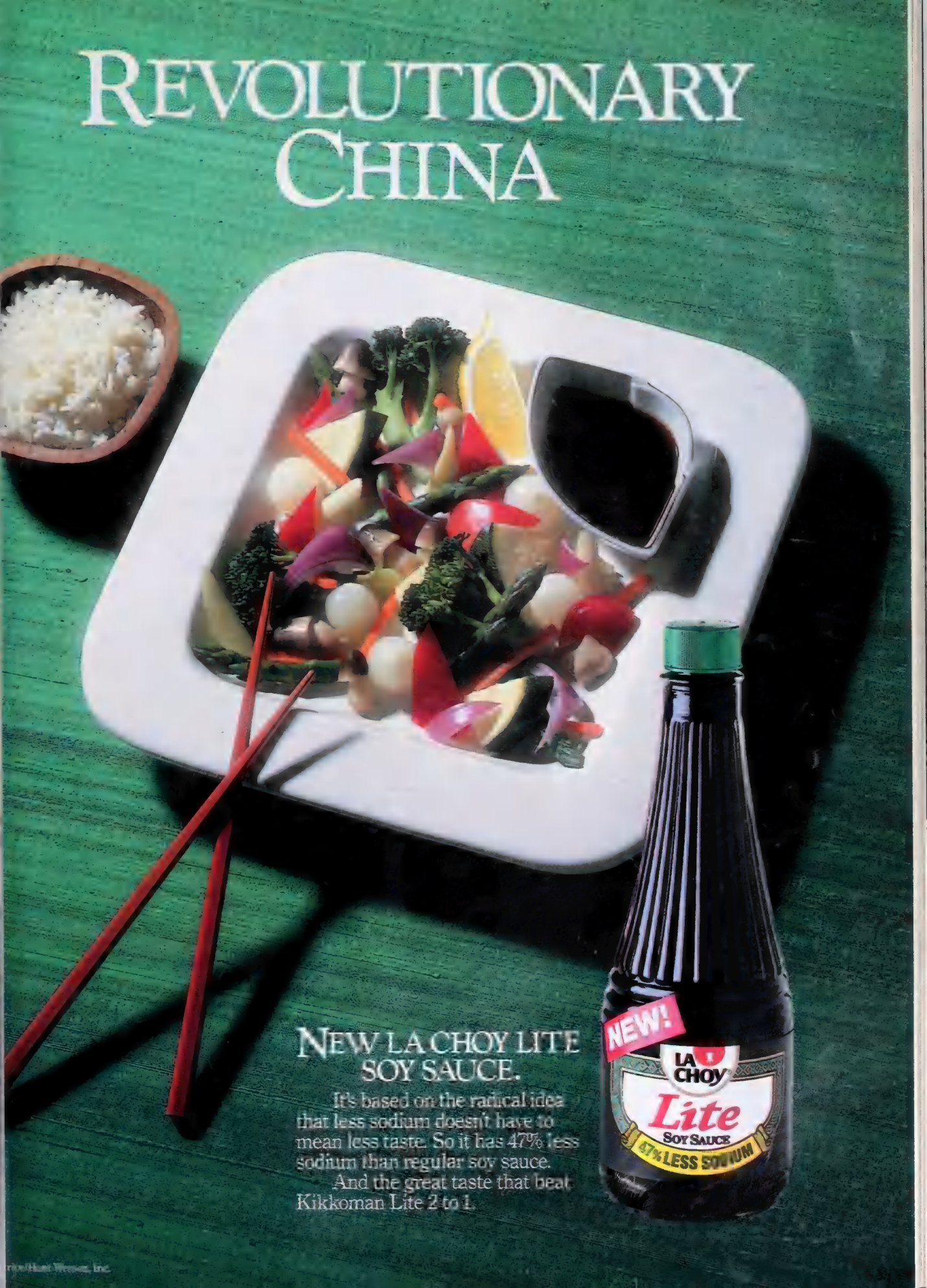
YOU asked for it

Ever sampled restaurant fare that you'd love to create at home? Drop us a line, and we'll try to get the recipe!

Dear Journal,
In February I ate at the Coral Reef Restaurant in Epcot Center at Walt Disney World. They served a wonderful raspberry dressing as the house dressing on their salads. Would it be possible to get the recipe?

Lynn Price, Brooklyn Park, MN

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We don't know why it's called chili sauce, either.

What's in a name?

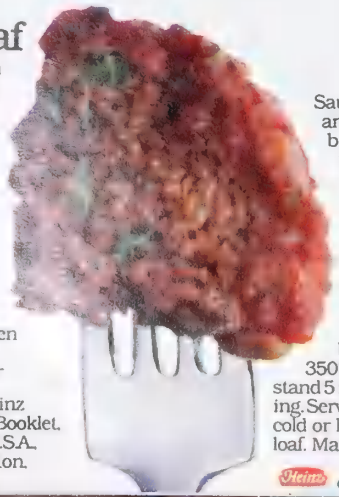
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Fiesta Meat Loaf

½ c. chopped onion
½ c. chopped celery
¼ c. chopped green pepper
2 tablespoons butter or margarine
1 bottle Heinz Chili Sauce (12 oz)
1½ pounds lean ground beef
1 c. soft bread crumbs
1 egg, slightly beaten
½ teaspoon salt
⅛ teaspoon pepper



Sauté onion, celery and green pepper in butter until vegetables are tender. Stir in chili sauce. Combine ½ cup this mixture with ground beef, bread crumbs, egg, salt and pepper. Form into loaf (8" x 4" x 1½") in shallow baking pan. Bake in 350°F oven, 1 hour. Let stand 5 minutes before slicing. Serve remaining sauce, cold or heated, over meat loaf. Makes 6 servings.

For your FREE Heinz Chili Sauce recipe Booklet, just write: Heinz U.S.A., P.O. Box 1153, Boston, MA 02277-1153.

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CHARLES AND DIANA

continued from page 116

already photographic history, consigned to the cuttin room floor. He had watched the entire episode with th knowledge in his heart and a deep sadness in his eyes.

Charles and Diana have both changed tremendous since the day of their wedding. The disparity between wl they were then and who they have become has contribute to the difficulties in their relationship. From the sta Charles was too old for his age and surprisingly insecur while Diana was young, immature and shrewd.

Ten years ago, on his thirtieth birthday, Prince Charl needed a wife and even told his staff that it was his mo urgent priority. Often as not, he was spending his evenin alone, eating a solitary meal off a tray with the televisio as his only companion. A late developer sexually as other ways, no doubt because of the artificiality of h upbringing, Charles was still rather clumsy with wome It did not help that his sense of propriety obliged all h escorts to call him "sir," even in moments of intimacy, that his detective had to remain with him everywhere. A many a girlfriend came and went, Charles grew more an more depressed, almost desperate.

For solace and companionship, Charles turned to tw now-married former girlfriends, Camilla Parker-Bowl and Dale, Lady Tryon, whom he nicknamed Kanga. Th Prince could be seen with them without any danger starting more wearisome marriage rumors. They were ab to offer advice and friendship without either party havi to worry about declarations of interest.

Diana—the perfect candidate

At last Charles chanced upon the apparently perfect canc date in the girl—for once, literally—next door, born on th royal estate at Sandringham. (Before inheriting Althor Diana's father rented a large house on the Queen's prope ty.) Diana Spencer was strikingly beautiful and seemed possess a quality close to his heart: a sense of humor.

Diana had been lightheartedly paired off by playful rel tives with Prince Andrew, whose picture she had pinned ov her bed in her school dormitory. But she had cherished, a these years, a more ambitious dream.

As she and Charles began to meet regularly in 1980, Diana suitability was duly discussed by the unofficial vetting co mittee headed by Kanga and Camilla Parker-Bowles.

Months passed, and sensing that Charles was still n quite ready to commit himself, Diana forced the pace a litt by telling him that she planned to flee for a while to Austr lia, to her mother's ranch, for a much-needed break. She ha made arrangements to travel early in February. Charle who would be away skiing in the meantime, invited her dine alone with him at Buckingham Palace on February 4, couple of evenings before she was due to leave.

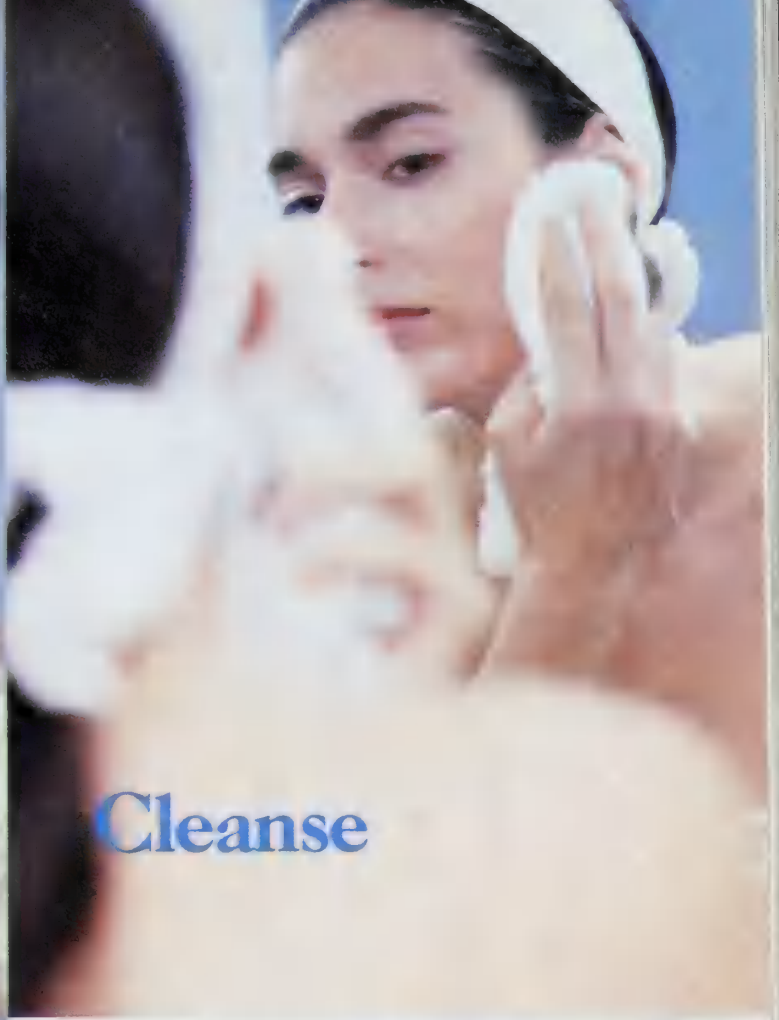
And there, at last, he proposed. Diana accepted at onc but a still cautious Charles urged her to "think the whc thing over" in Australia, lest on mature reflection it pro "too awful" a prospect. Diana never wavered.

A few weeks later, at a secret dinner party at Winds Castle, Lady Diana Spencer was the Queen's guest of hon at a table crammed with British royalty, gathered to toa the happy couple. Charles seemed anxious and bowed dow by it all. Diana herself, by contrast, told the assembl company that she never had a moment's doubt.

The Princess and her Prince

The wedding, which took place on July 29, 1981, was th biggest media event the world had ever (continue





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CHARLES AND DIANA
continued

seen. With the first public royal kiss, on the balcony of Buckingham Palace, they were universally deemed a fairy-tale couple.

When a son, William, was born less than a year later—relieving Charles of another burden, ensuring the succession—the fairy tale was complete. The thoroughly modern Prince was even present at the birth in a London hospital, another royal first. A second son, Harry, arrived two years later—providing the royal couple with the proverbial "heir and spare."

But within months of their marriage, it became clear that Diana was rapidly changing her husband in a number of ways. After persuading to give up shooting and steeplecha if not, to her chagrin, polo—she some color into his socks and ties helped him grow more in touch the values of his own generat "You're only as old as you think are," said a grateful Charles, pre turely middle-aged for many years ready. "Diana will keep me young.

But the way Diana libera Charles may not have been in the she truly intended. He explored championed holistic medicine helped design a wildflower garde their country estate, Highgrove, a which he became obsessive; at heart he designed a bower to medi and relax in. Soon he began to prac organic farming and *(contin*

DIANA: the ever-more-public princess

Her fairy-tale marriage may be somewhat tarnished these days, but Princess Diana has become ever more adept at polishing up her public image. Having spent the last seven and a half years asserting her world-famous style as the photographers snapped away, the Princess of Wales is now emerging as an independent woman who seems to grow more confident with each passing month.

It's likely that Diana's newfound poise will be prominently on display in early February, during her first-ever visit to New York City. The two-day trip, her second to the U.S., is also her first foreign jaunt without Charles. "Princess Diana is here to work, really," says Francis Cornish, of the British Embassy in Washington. "We'll be trying to find ways for her to publicize her interest in social welfare."

Diana declares child welfare to be her most pressing concern, and she made news last fall when she addressed a conference of Barnardo's, the London-based charitable agency she has presided over since 1984. The Princess spoke in a forthright way about child-rearing and the need for family unity, surprising the 1,000-member audience and television viewers everywhere, who remembered the less eloquent Diana of barely a year ago.

"I fully realize that for many young people, family life is not always a happy experience," said Diana, whose own parents separated when she was six. "They may have been thrown out of their homes, or circumstances may have forced them to leave. I know that family life is extremely important, and as the mother of two small boys I think we may have to find a securer way of helping our children—to prepare them to face life as stable adults."

The Princess's devotion to the plight abused and underprivileged children seem run deeper than words: She has made over official visits to Barnardo's projects and fc families throughout Britain. Recently, she extended her compassion for the less fortu to AIDS patients as well, consoling them London clinic.

While in New York, Diana may discuss sin substantive issues. The Princess's official d will also include some promotional appeara for British trade, such as those made by Pr Andrew and Fergie for Jaeger clothing and Ro Rovers during their visit last year to Los Ang To be sure, Diana will spare time for celebrati too, including a benefit performance of Ve *Falstaff* by the Welsh National Opera at Brooklyn Academy of Music on February 2.

In the few hours that Diana has lef herself during her stay, royal watchers say may very well cruise a shop or two. And it virtual certainty that she'll attend a per mance of the hit Broadway musical *Phanto the Opera*. Diana's seen the London produc three times, and for her seventh wedding a versary she even made a video of herself Charles, dancing to a song from the show.

Despite her hectic schedule, Diana doubt won't look any the worse for wear. She pre colorful-but-businesslike suits and coats wi touch of flair for her daytime appearances. for her gala night out, she'll probably cho something more flashy, like a cream-and-b satin-and-velvet gown with embroidered be by British designer Victor Edelstein.

The Princess might even desert her u British designs for an American label. On a to Paris last November, she conquered fashion capital like no one since Jackie Ken dy when she wore a scarlet knee-length by Chanel—her first French designer outfit. whatever she wears and wherever she g this ever-more-public Princess has surely Shy Di behind.

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CHARLES AND DIANA
continued

took to stints living the life of a Cornwall dairy farmer. Charles even turned vegetarian ("Oh, do grow up," said the Queen when he told her).

The resulting press mockery was grossly unfair but persistent enough to inspire public concern, much of it satirical. His father, Prince Philip, worried that married life with Diana was turning his eldest son into a "wimp." And even today forty-year-old Charles can be reduced to tears by his father's criticism.

For Charles, marriage had finally freed him—rather later than most young men—from life at home under the powerful sway of his parents, amid the values of their generation. The thoughtful, even somewhat eccentric Prince whom his future subjects now saw for the first time was the real one, locked, perhaps, in a perpetual version of the adolescence he had never had.

At the same time, Diana was changing, and in ways that surprised and even stunned the Prince.

In her first few years as a princess, Diana was swept away by her own publicity. A voracious reader of her own clippings, the Princess had soon fallen into the old trap of beginning to believe them.

Diana was taking charge. Her staying power as a world superstar was giving her greater self-confidence. As she mastered the art of the royal public appearance, she began to take an almost sadistic pleasure in upstaging her husband at every occasion, private and public. For every new speech he made, she would wear a different hairstyle or hat; the photographers, she knew, were much more interested in her than him—as, still, were the crowds, who continued to groan if Charles rather than Di headed in their direction. At first delighted to be relieved by Diana of the unremitting spotlight he had endured all his life, he grew weary of the attentions toward her. The insatiable appetite for details of the Princess of Wales drowned out anything Charles might do or say. For a man desperate to be taken seriously, the tidal wave of trivia became deeply irritating.

To Diana, Charles was no longer the man she had married. When first she had fallen in love with him, her Prince had been a James Bond–style contemporary hero, the world's most eligible bachelor. Diana's effect on him, by the cruelest of ironies, had been to expose that identity as a self-deluding sham.

He, for his part, had been crushed by the realization that his wife could not function as a soulmate. They shared joy in their children but l else. The Prince had been hoping f much more. "I think an awful l people have got the wrong idea of v marriage is all about," Charles said before marrying Di. "It is ra more than just falling madly in with somebody. It's basically a strong friendship . . . I think you very lucky if you find the perso tractive in physical *and* mental sense."

As his dep sion worsened Queen becam only real spir companion w the family. "C see your mo again, I supp Diana was a ishingly hear cry after hir Sandringham. only did she the emoti depth to help but she was becoming the jor source of problems.

In the last their prob have become more public. I not long before were making l lines by takin arate holi They spent sixth weddin niversary a clearly by c rather than r sity. Charle treated on his to Balmoral month, pub snubbing his cess and his dren. While fished moodil side the streams of Ba al bemoanin lot to K Tryon, the cess stayed in London, where was seen out on the town with ing young escorts.



One disaster after another

In October of 1987, Charles flew Balmoral to visit flood victims in marthen, in the heart of his princ ty. His Princess traveled from grove to join him. Staff at Kensi

ce had been instructed to prepare them to return together that t. Yet, after six hours beside each r in Wales, during which they had one private moment alone, the ce took himself straight off back to noral, leaving Diana to return to lon without him.

1988, Charles was looking for- l to his annual skiing trip at Klos- He saw it as a chance to relax a vengeance defuse his dly angst with e delicious ical risk. But it went desper- y, tragically g. The Prince miraculously ed grave injury eath when an anche tore n the slope e he and his friends were g. Fortunate- Diana and her r-in-law the ness of York taken the af- on off, but an- r woman in party was se- y injured, and d friend, thir- ive-year-old r Hugh Lind- was killed.

ter Charles re- ed from Klos- in mourning, ent the rest of should have his holiday in retreat at grove. Over er, there were suring public es all round as les and Diana their sons d the annual ly holiday at lsor. Only the wing week, ever, Charles rsely courted w tidal wave of riage rumors by setting off for an- r week's fishing in Scotland— out his wife and children, but not e, for again he was escorted by his ful friend Kanga.

e nation simply could not under- d why so softhearted a father d choose to spend yet another of the school holidays away from hildren. This was a marriage over h icy differences had settled. Din- ers in London's trendy Escargot restaurant rushed to phone the gossip columns when they saw the Princess openly weeping at her corner table with a friend. "WHERE'S MY DADDY?" screamed the front page of a large newspaper on behalf of Prince William. The public and the media's post-Klosters sympathy for Charles had lasted exactly one month.

Perhaps Charles torments Diana with his disdain in private while she continues to upstage him in public. On the same Australian trip when she outperformed him at the music college, she even managed to outdo herself. One day the Prince donned an Australian "slouch-hat"—just the thing to cheer the photographers who moan and groan that he wears the same gray suit wherever he goes. One knowing photographer, however, kept his lens trained on the Princess. He had photographed Diana for eight years, and he knew that even now, after being the world's number-one cover girl throughout the 1980s, the Princess's self-love knew no bounds.

Sure enough, the photographer saw Diana give him a sidelong glance to make sure that he was watching. Then, imperceptibly, she slid the hem of her skirt farther and farther up her knee—revealing, to this expert eye, "precisely an inch more thigh than we'd ever seen before." After another sidelong glance, to make sure that he had got the point, and the picture, the regal hemline descended again.

Diana, in her superstar role of being royal, is bored with the tedious round of duties that are its price. She has a husband who no longer understands her—nor even, it seems, much likes her. In turn, to be fair, she is saddled with a marriage of opposites, to a man who cannot share her youthful joie de vivre, and who places an emphasis on his public life that is way beyond her. Most of the time, it is all too clear, she is bored with him. More important, she is deeply saddened by his compulsion to be alone, abstracted, meditative, self-pitying—even to the point of spending weeks on end without their two children.

The Prince's future subjects have now come to the reluctant conclusion that his marriage has reached a state of cool, mutual indifference. After seven years together, perhaps it is possible for a Prince and Princess of Wales to conduct their lives at a sophisticated distance. But the marriage that began so joyfully, that entranced the whole world, is not the marriage that most of Charles and Diana's contemporaries would choose for themselves. ■





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gave her age as forty-five. Somebody in the last twe four hours had given her a good going-over. She ha bloodied scalp, blackened eyes, a smashed nose, a s lip, probably some cracked ribs she didn't know ab Most but not all of the injuries were fresh. She shook head frantically when they asked if she was in pain.

At four-thirty, they were placed under arrest.

6:30 P.M.

Cameras and microphones jammed the lobby of the tion house.

They brought in Kantor, a tall, disheveled man wi large, trim mustache and designer glasses. Winograd hustled in behind him: small, scared, vacant, a blue-a white bandanna on her frizzy gray hair.

Flashbulbs popped. She turned her face up to his mouthed "I love you" through the grotesque, swollen l

SATURDAY, JUNE 6, 1970

The dark-haired young man in sunglasses and jeans wandering through a Greenwich Village block fair w he came to a halt at the knickknack table. The obje his sudden interest was examining a green majolica v

He took in the wiry thick hair teased into the cur fashion, the wide butt, the disdainful eyes expertly cled in black, and made his calculations. Brooklyn g with a ton of hair spray, perky. A type he liked.

"You've got it filled already."

Judith jumped, almost dropping it.

"What with? Roses? Nah, nothing so common for y

He laughed and moved away toward the hot-dog st Judith stared at his retreating back. Tall, over six fe well, all men were tall compared with her. What was Italian? Jewish? With the mustache it was hard to

■ WAVERLY PLACE

continued from page 119

father didn't answer.

"Order a CAT scan."

7:30 A.M.

The CAT scan showed blood pressing on the brain. A subdural hematoma, the kind of seepage that usually develops over four to six hours. The little girl was hooked up to a life-support system now, but she wasn't going to make it. Soon they would make the official pronouncement. Brain-dead.

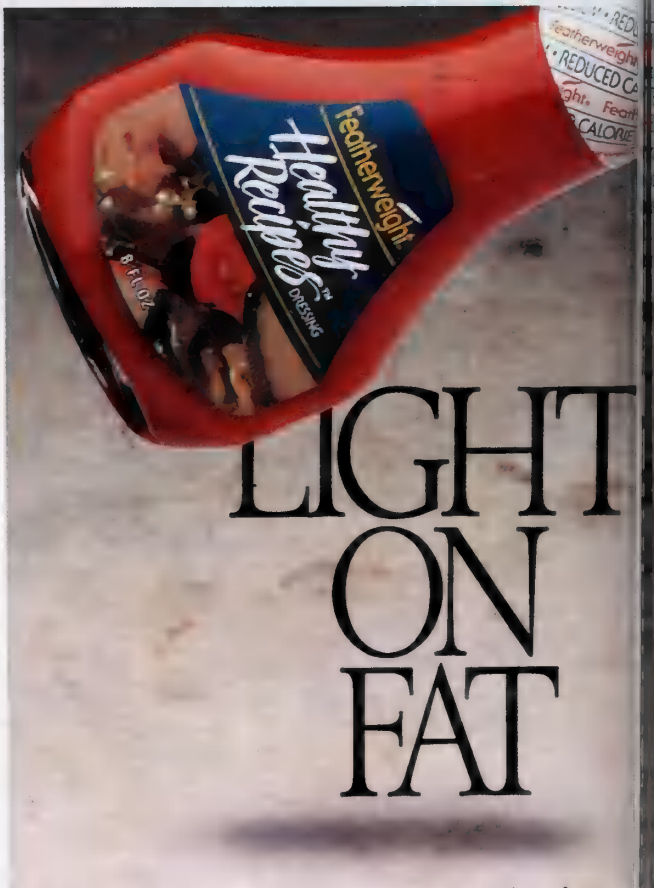
8 A.M. to 6:30 P.M.

The police proceeded with methodical caution. Three cars went to 104 Waverly Place to pick up Barry Kantor and Judith Winograd for questioning. Over Kantor's objections, a female officer untied the other child, a baby boy, and took a whiff of the rancid milk in his bottle. By daylight the "wooden cage" described in the memo books of the first cops on the scene turned out to be an inverted playpen. Aside from the filth he was wallowing in, the baby appeared unharmed. The officer took him to Special Services for Children.

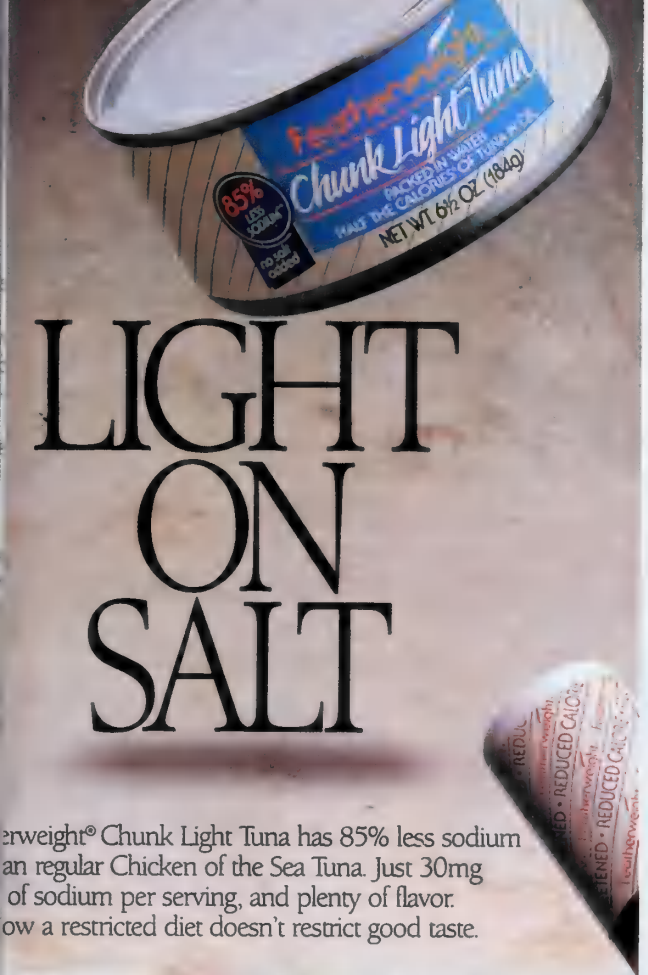
The case grew more bizarre by the minute. Several neighbors told detectives that the suspects weren't married and the two children were adopted. Kantor and Winograd confirmed the story, but the state's computers drew a blank on the adoption papers.

Kantor sounded like a broken record. He hugged his arms and repeated, "I'm a good father, ask the school."

In a separate room, Winograd was a pathetic puzzle. She looked old enough to be Kantor's mother, but she



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full with their own children."

"Nobody tried to stop him?"

She got no answer.

Judith thought about her own family—her parents who said, "Why can't you just settle?" And how when she made it all the way to Brooklyn College, they said, "You'll never stick it out. You'll find some man, and that will be the end of your hotsy-totsy education." I fooled you, Judith thought. I got the diploma and I didn't get a man. The boys at college didn't want me. They were all escape artists, Mama, just like I was.

Now, after five months of seeing Barry Kantor, she still didn't know where she stood with him. One minute they were communicating peacefully, and the next minute he was up and agitated, finding fault with her for some minor infraction of a rule she hadn't been told about.

Later, when he came out of the shower, he had a towel wrapped around his hips. God, he was gorgeous.

"Make it snappy," he said. "Fun's over. Got a pile of work." He jerked his thumb toward the bathroom.

She was being dismissed. *No, she would not be dismissed.* "You've got to have dinner sometime, Barry. You might as well have it with me."

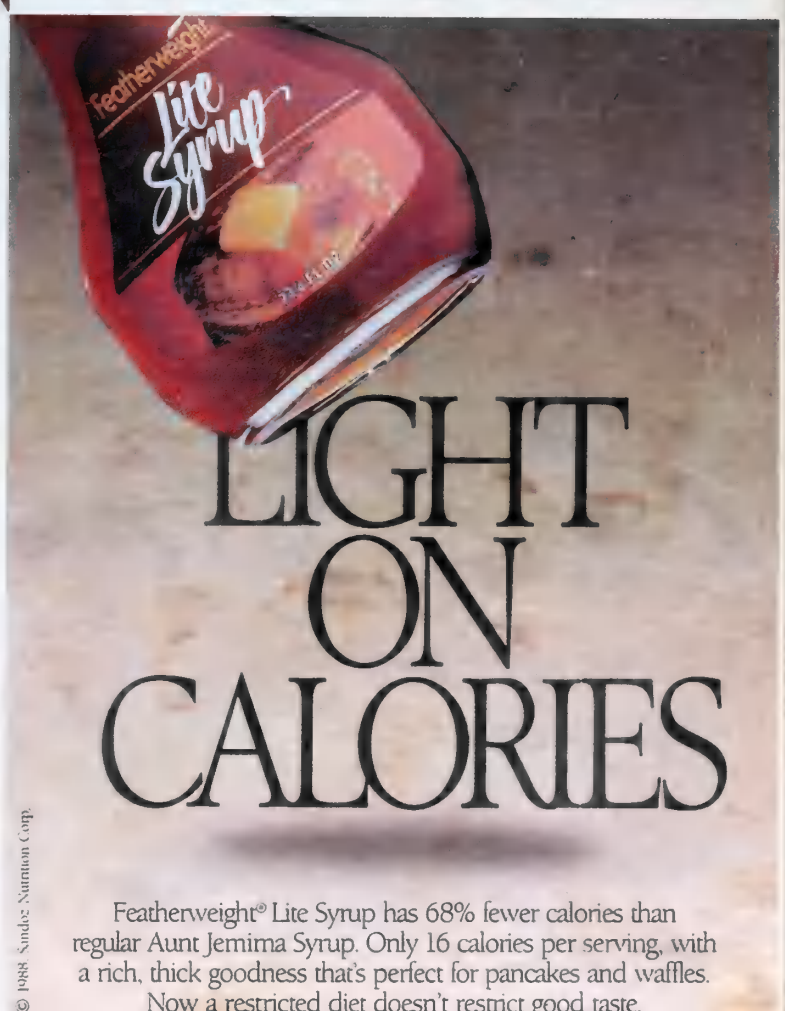
"Judith, sometimes I think you're all I ever wanted in a girl, and then you go and do something and make me feel closed in. You're a nudge and a slob."

Sometimes I think you're all I ever wanted in a girl. He'd actually said it.

SEPTEMBER 1971

"I notice he doesn't even put your name on the doorbell?"

The opening salvo, before she had entered the apartment! Judith's parents could slice under her skin and expose a raw nerve in two seconds flat. *(continued)*



hat the hell, be adventurous. Judith moved toward

eonies. You were right."

eyed her and slowly broke off the end of his frank-
r. "Open up." In one confident motion he popped the
in her mouth and wiped an imaginary trace of
ard off her chin. "Chew before you swallow."

m being picked up, Judith Winograd thought to
lf, how about that?

EMBER 1970

as telling her his life story. When they got together
s place, they would smoke a joint, break open a bottle
ne, and Barry would talk. He had a one-bedroom
ment on Waverly Place in Greenwich Village. It was
beautiful old brownstone that was still under rent
ol, a wonderful find. Originally the apartment be-
d to a client. Judith was hazy about the details.
n she asked about Barry's clients, he usually changed
ubject. He had this lawyer thing about privileged
mation, and she respected him for it.

dith could listen to him talk for hours, but every
he told her about the Bronx ended with a leather
r a wooden coat hanger.

hich hurt you more?" she asked. They were lying in
gether.

ne belt hurt more, but I got the wood hanger every
What are you doing, taking notes for your novel?"

e had told him that her substitute-teaching was just
she did for money. Her real ambition was to be a
r. She decided to ignore his comment. "Did anybody—
mother, a neighbor, *somebody*—try to interfere?"

rolled over on his side, away from her. "My mother
errified of him, and the neighbors had their hands

WAVERLY PLACE
continued

"It's a protection against the landlord, Ma. Barry's going to write him a letter after he signs the new lease."

Goldie Winograd sighed. "This is not what I expected when I came to see my daughter in her . . . her new home." She choked on "home."

Judith trailed down the hall after her father, who was pushing open the French doors to the bedroom. "This is the way you let a lawyer keep his books and his clothes? A lawyer?" He shook his head and walked back to the front room.

"They happen to be my books."

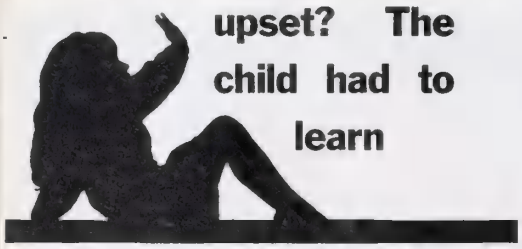
He didn't hear. Her mother had brought a gift box of cookies and was arranging them on a plate.

"Motherrrr, before dinner? I made a reservation at the Coach House." Her mother looked at her father, who had a sheepish look on his face.

"Max already had a sandwich."

"Why, *why*? I told you we were all

This wasn't the first time. Why did she do things that got him upset? The child had to learn



going to have dinner together when Barry came home." She could hear her voice rising.

"Max forgot."

"Don't worry about me, Judith. I'll have soup and some crackers."

"I don't believe this. I don't believe this." She was screaming.

Judith heard the turn of the key in the lock. "Barry." She flew to the door and kissed him hard on the mouth. He looked past her and took in the scene.

"Goldie, Max. Looking good! You been here long? Judith got reservations at the best restaurant in the Village. Did she tell you?"

Her parents smiled up at him. The savior had arrived.

JULY 1975

He couldn't give her a contract, since she hadn't published a thing in her life, but the editor showed Judith some of the in-house ideas he'd been trying to find an author for. Someone in her writers' group had suggested that writing a children's book was the perfect way for her to get into publishing. The editor told her to choose one idea, and he'd reserve it for her.

She chose *Vegetables that Grow Underground* for the five- to eight-year-old market.

Barry and she played Vegetables that Grow Underground. She said, "Beets!" and he yelled, "Carrots!" She clapped her hands crying, "Rutabaga, rutabaga!" and skipped around the living room. He caught her by the arm and wrestled her onto the rug.

"Babe, I have great faith in you," he said. "We're gonna make you the new Dr. Seuss."

She loved it when he teased her like that. Why couldn't he be this sweet and gentle all the time? The rages in Barry were a puzzle to her. The slightest spark could touch them off, but blessing of blessings, they lifted just as suddenly, and then their relationship was bathed in glorious sunshine again. She loved him more than ever, and she knew he loved her. What they had was more than love. The hurt look that came over him when he saw the bruise under her eye the first time he hit her—she would carry that memory for the rest of her life.

They were a team.

A wave of euphoria spread over her. She was even beginning to see what he saw in cocaine.

SEPTEMBER 8, 1977

Barry made a fool of himself in court and lost every motion he presented. His client got the max.

Judith was in the kitchen when Barry came home. The aroma of baking lasagna permeated the apartment. He saw the set table and went into the bedroom and slammed the door. An hour later he left the apartment without saying a word.

Six hours later . . .

He grabbed her by the hair and slammed her head against the bedpost. Judith awoke on impact.

"You went to bed with the oven on."

Her head hit the post again. "The oven, you crazy bitch, you left it on full blast." His other hand gripped her neck. She clawed at his fingers.

Suddenly he released her. "I could have come home to an inferno."

She lay there panting, feeling no pain. The pain would come later. For now it was over.

NOVEMBER 1978 to OCTOBER 1980

The Children's Books department at Claridge and Palmer was a backwater of tiny windowless cubicles off a lo narrow corridor. But it was a vast provement over her office jobs a temp, which is all she'd done since publication of her book a year earli

Mostly she handled the slush pile the senior editor, Joanne Owens.

Two years later, Judith was gi the title of associate editor along w a twenty-five-dollar raise. A ma script she had rescued from the sl pile had won a Newbery Medal, on the biggest honors in the childr book field. She was now an acquir editor with authors of her own.

MAY 1981

Barry Kantor was sitting in his d tist's chair having a rotten molar tracted. He was tuning out as Dr. G binoff blabbed on about his brot Sheldon the obstetrician until heard the words "white babies."

He sat up straight in his chair.

SATURDAY, SEPTEMBER 12, 1981

Barry sat in his parked car and w ed. Sheldon Grabinoff's receptio would be walking out the side trance with the bundle in a half ho

This was his third transfer in th months, and the others had gone like clockwork. He was working a r angle this time. He had two pros tive customers down to the wire. E had guaranteed him fifty. Deliv date imminent, he told them. As s as he got out of here with the bun he'd make a call. Tell the first cli something's come through, but the been a slight hitch, he's got an offe seventy-five. If they went for it, coo not, he had his ace in the hole.

But something went very, v wrong. When Judith came home, saw the baby lying on their bed. Ba explained that one of the clie backed down at the last moment, the husband of the other couple away on business for a month. wife didn't feel she could handle arrangements on her own.

He said he'd make another con tion in a couple of days, the thing not to panic. If the client at the ot end sensed he was desperate to unl they'd drive the price down. So he going to play it cool, take all the t he needed and collect the full fee.

MONDAY, SEPTEMBER 14, 19

Judith called in and said that needed to take a few days off. A h unexpected personal problem that couldn't discuss. Barry stayed ho too. Dr. Grabinoff lost his temper w Barry called about the slight hitch, then he calmed down and offered name of a trustworthy *(continu*

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■ WAVERLY PLACE
continued

pediatrician.

Barry handled the feeding changing himself. That night a dinner, instead of watching TV moved the baby into the living r and stared at her as she slept. Fin shaking himself out of his trance said, "Mollie or Melinda," and ca her into the bedroom.

MARCH 1982

Sally Milton happened to be stan at the fourteenth-floor reception that Monday morning when Ju wheeled Melinda off the elevato her stroller. That wasn't unusual. dith had a collapsible playpen in office, and that was where the b spent her days. But what was pecu was that Judith was wearing glasses. Then she saw her swollen

Judith tried to wheel Melinda her quickly, but Sally blurted "What happened to *you*?"

"I tripped over one of Melin toys," Judith said curtly.

Sally marched into Joanne Ow office and closed the door. "I just Judith Winograd come in with M da. Her lip was out to there, a think she has a beaut of a shiner. was wearing dark glasses."

"Again?"

"Again."

The two women exchanged a kn ing look."What did she say this tim

"She mumbled something ab tripping over Melinda's toys. Then closed the door on me, very pointe What could I do?"

APRIL 13, 1982

Judith was alert as soon as she h the key in the lock. He was home early. A bad sign. He never came h this early on poker night.

Melinda breathed rhythmically her sleep. Judith held her breath the darkened bedroom. She heard in the kitchen, slamming aroun the refrigerator, looking for someth to eat. Pounding, pounding, her h was pounding.

Suddenly the bedroom was ab with light. "*Get out of bed!*"

Melinda started to cry.

"Barry, the baby!"

He pulled Judith out of bed by arm and dragged her into the kitch twisting her elbow behind her b With his free hand he opened the frigerator door and shoved. Her f head struck the metal rim of a she

Melinda was wailing in the room.

"Little editor too busy to shop?" snarled. Then he grabbed *(contin*

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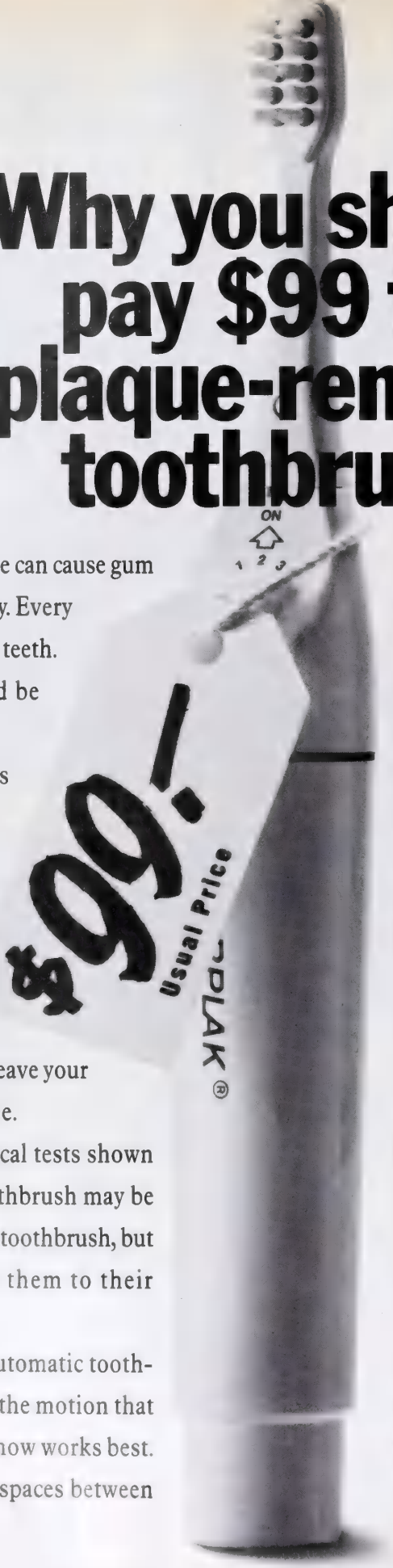
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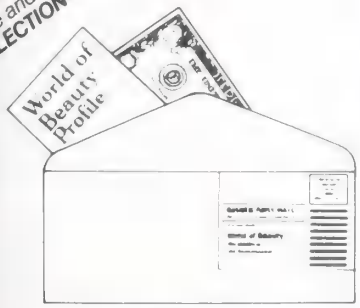


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☐ Brown, Beige, Copper, Muted Green
☐ Aqua, Peach, Yellow, Mint

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☐ Brick Red, Salmon, Honey, Cinnamon
☐ Coral, Melon, Peach, Apricot

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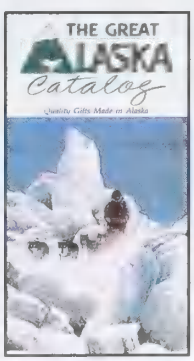
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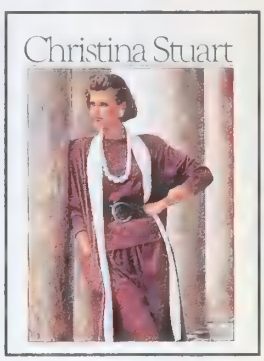
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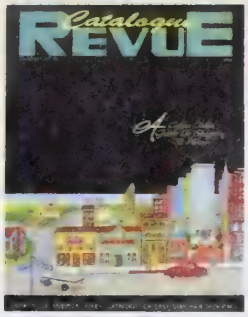
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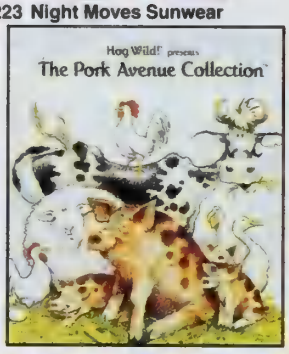
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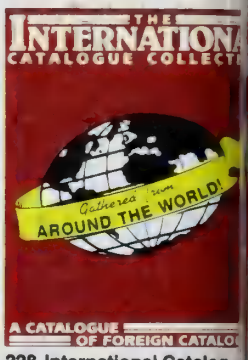
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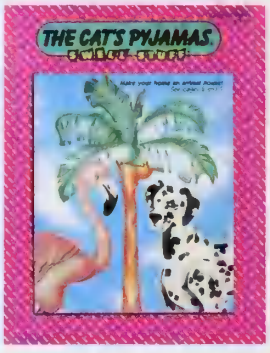
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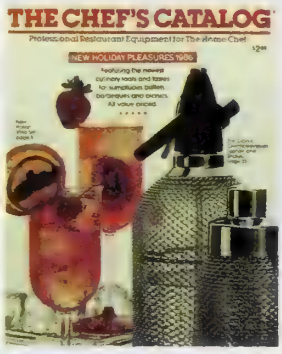
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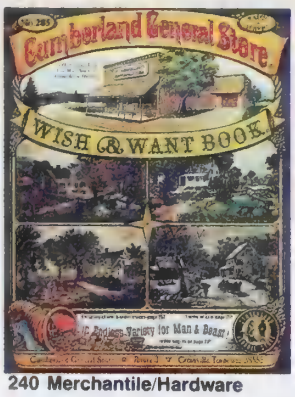
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HERE KITTY.



HERE KITTY, KITTY

■ WAVERLY PLACE
continued

for her neck, and banged her head back against the oven. This is it, she thought. He is killing me. She tried to scream, but nothing came out. Somehow he got the oven door open and shoved her head and shoulders inside. *I am going to be burned alive.* She kicked backward with her bare feet, wrenched out of his grip, and rolled over, protecting her face with her hands.

"Kicks you want? Kicks?" His shoe heel slammed into Judith's crotch.

She lay there, past caring, and took the blows. He was stomping on her pubic bone when she passed out.

APRIL 17, 1982, EVENING

The door opened. She was expecting the hospital orderly with her dinner tray, but it was Barry. He stood in the doorway, the tray in his hands. She worked the corners of her mouth to keep from smiling. He looked so woeful and uncertain, but proud, too.

"Judith, may I come in?"

She nodded without speaking.

He handed her the juice, and she took a sip. He stared at her gravely. "Judith. You have to speak to me."

She took another sip of the juice and watched him over the rim of the cup. He looked so pitiful she could hardly bear it. She set down the cup and looked away. "You tried to burn me in the oven." She had spoken. She hadn't meant to. She started to cry.

"Judith? I brought you here. I carried you down the stairs in my arms."

Tears streamed down her cheeks.

"Judith, listen to me. I wouldn't do anything to hurt you. I love you."

She shook her head.

"What happened to us, Judith? I blanked out. I'm scared. We were having an argument in the kitchen, and you fell against the stove."

"You pushed me."

"Judith, help me. I'm scared. I care about you more than anything. If you leave me, I'll go out of my mind."

She looked into his eyes. They were as wet as hers.

"You carried me down the stairs?"

AUGUST 1982

Things at Claridge and Palmer had come to a head in June when it was discovered that Judith hadn't edited anything in six months. She had no choice but to resign. The summer went by in a haze.

APRIL 1983

The young caseworker who got the assignment wished *she* could afford apartment on Waverly Place.

This was a low-priority compla probably nothing to it. An anonym neighbor had heard a child crying.

When Eileen Wilmott called make an appointment, a low fem voice told her to call back after six That made her a little suspicious, when she called back, a man s "Come right over."

That was yesterday, and here was, by appointment. A large da haired man with a mustache glasses was waiting at the door wit radiant, chubby little girl in a shirt and denim coveralls.

Eileen Wilmott wrote up her re that night. "Child is extraordina precocious and evinces no sign of glect. Happy home environment. ther unusually cooperative."

The Kantor neglect case marked "Unfounded." By law, all tails of the investigation were punged from the records.

MAY 1984

Judith put a pan of water on the st to boil. "Now what?" she asked.

Barry consulted the recipe ca "Three parts coke to one part bak soda. Add enough water. Swirl around. Is anything happening?"

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lt's fizzing like Alka Seltzer."
Lemme look." He whistled. "Yeah, got the separation already. Get me :rainer. There you go, sweetheart. rock."
hey smoked it that night.

IE 1986

ry took a walk to Melinda's pedia-ian's office. Over the years he and Rochette had developed a true un-standing. A quid pro quo. He fed doctor's cocaine habit on a regular s, an equitable exchange for the lical advice the doctor dispensed n no questions asked when things a little out of hand with Judith.
Something fell into my lap," the or said as Barry placed the packet he desk."You might be interested. Melinda still pining for a baby her?"

N YEAR'S EVE 1986

ith was in the bathroom when she rd a smack and a cry. Melinda. at was wrong with her lately? This n't the first time. Why did she do gs that got him upset? Judith ped the sink. The child had to n. *She* had learned. Please, dear , she said into the mirror.
Then she emerged from the bath-n, Melinda sat quietly crayoning in her coloring book, dressed and ready to go. The five-year-old's cheek was red. Nothing serious, the mark would be gone by tomorrow.

They all piled into the car to drive to Queens, where one of Barry's clients—Mr. Guiterrez—was throwing a party. Baby Ricky slept most of the night, but Melinda joined in the festivities.

The host's nephew put a cassette into his Camcorder as the salsa music resounded through the room. Melinda kicked off her patent leather shoes and paraded for the camera, mugging into the lens, a twirling pink tornado with strawberry hair and a loose barrette.

"Hey, Barry," said the nephew. "I take many pictures of your kid. She's a good little dancer."

The exhausted little girl wouldn't quit. *Daddy's watching. Daddy's watching.* Melinda continued to twist and whirl in her stocking feet, a feral smile on her tired face.

FEBRUARY 1987

Melinda loved her baby brother, who by now was a perpetual-motion machine that rolled, crawled and lurched around the apartment. His newest trick was to pull open Barry's chest of drawers and dump out all his clothes.

One day Barry came home with a secondhand wooden playpen. He then collected the baby's toys and threw them in a pile near the window. He plunked Ricky down on top of the pile. Before the surprised baby knew what was happening, the upside-down playpen went over his head. Ricky peered through the bars and howled.

"Give him time, he'll love it," Barry told Judith. "His own private space."

Melinda cried when she came home from kindergarten and saw Ricky in the cage. "I can't hug and pet him."

"He's not going to live in there, Melinda," her father explained. "It's only for when your mother can't cope."

SEPTEMBER 14, 1987

The first day of school! Melinda skipped down the street in her brand-new sneakers, her blue cloth book bag flying behind her.

Her first-grade classroom was up one flight of stairs. She pulled her father by the hand, leading the way. At the door, he introduced himself to Lila Rumson, her new teacher.

THURSDAY, OCTOBER 22, 1987

Len Cohen liked photographing kids. This was a one-day assignment for an educational publisher.

He saw the little heartbreaker as soon as he walked in the door. She had a bruise under her right *(continued)*

eye and another one on her left cheek. Her hair was uncombed, and somebody had chopped off a clump in the back. There was dirt under her fingernails, and her corduroy jumper badly needed a wash.

Cohen glanced at his client. "What do you think?" he whispered. "I can shoot around her."

But she would not be ignored.

"Ah, I've got a little assistant! Here, sweetheart, hold the cap for me."

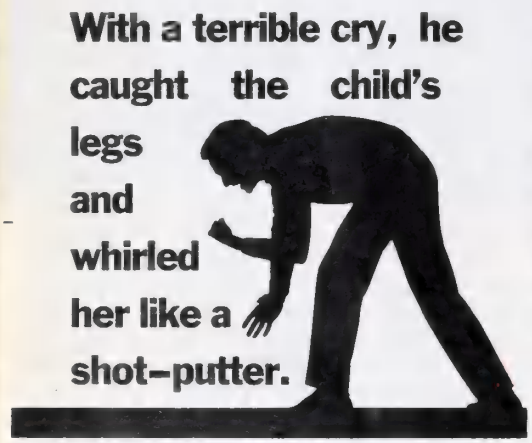
"I'm not an assistant, I want to be *in* the pictures. How come you got *two* cameras?"

He couldn't get over her *chutzpah*. "This one makes little girls look pretty. Now give me a big smile."

After, he asked, "How'd you get that mouse under your eye?"

"My baby brother hit me."

Cohen's client wanted to say something to the teacher before they left the classroom, but the moment passed.



"It's so obvious," he whispered. "They don't need me to point it out."

TUESDAY, OCTOBER 27, 1987

Barry's neck muscles twitched as he paced in the principal's office.

"I've got friends down at the Board of Education. I'll file a suit for defamation of character."

"Mr. Kantor, Mrs. Rumson has been with us a long time, we respect her judgment. Her feeling is that Melinda may have pressures at home."

Barry abruptly sat down. "Pressures at home?"

The principal gave him a hopeful, encouraging nod.

"It's not my habit to unburden myself to strangers," Barry said in a doleful voice, "but at this moment I think I need a good friend. Judith is a wonderful mother to Melinda, and in my presence she's never raised a hand to our daughter. But, do you know what it's like to live with a clinically diagnosed depressive schizophrenic? Maybe I've been deluding myself that we could stay together as a family unit. It was suggested to me a long time ago that she ought to be institutionalized. But what do I do? Kiss her good-bye and throw away the key?"

The principal nodded. "You understand our obligation is to Melinda."

"You're right. I guess I needed an objective observer to put things into proper perspective."

SATURDAY, OCTOBER 31, 1987

Melinda sat cross-legged on the cold tiles and silently recited her ABC's. She counted up to five hundred.

Holding her breath, the child opened the bathroom door. Nothing happened. She took off her shoes so she wouldn't make any noise and tiptoed across the living-room floor until she reached her brother's playpen. "Stop it, Ricky," she said in her bossiest whisper. "Shut up, or I won't give you your bottle."

The baby gasped for air and continued sobbing. Melinda reached through the wooden bars and patted the top of his head. "Please don't be scared, Ricky. It's over. Do you want to come out? I'll ask Mommy."

Melinda walked down the hallway until she got to her parents' bedroom. She listened gravely outside the door before retracing her steps to the playpen. "You'll have to stay in there for a while, Ricky. Mommy's sleeping. Don't get upset." She leaned her head against the bars. "Ricky? If you stop crying, I'll tell you a story."

Judith staggered to the bathroom. She missed the toilet bowl and threw up on the floor. "Melinda," she called.

The child ran to her mother. "Mommy, Mommy, I'm here."

Judith covered her face. "Melinda, I can't walk. I need you to help me. Go get the ice from the freezer. Use the stepladder; be careful. Bring me the whole tray and a bowl."

Melinda did as she was told. Shifting from one foot to the other, the child watched her mother wrap the ice in a towel and hold the compress against her nose. Inside the mirror the subhuman creature was wearing a yellow and purple mask.

SUNDAY, NOVEMBER 1, 1987

He was dressed and shaved by ten A.M.

"Take me with you, Daddy. Take me with you." Melinda threw her arms around her father's waist and buried her face in his stomach.

His head throbbed. "Don't whine."

"Daddy, I don't want to stay in the house." She looked at him, imploring. Always, he took her on Sunday.

Cursing, he sent her flying agai the sofa. "You'll eat when I get ba Take care of your mother, and g Ricky his bottle. I want this pl *clean* when I get home."

She tried one more time when was at the door, grabbing his jac with her strong little fists.

He gave her a crack on the side the head. Sobbing, she let go.

At eleven P.M., lights suddenly bla in the third-floor front windows. Ins the apartment, Melinda was hudd on the sofa, her eyes wide, the di blue blanket hugged to her chest.

"Get out of bed," he screamed. gave you all day to clean this dump

He cracked her across the forehe The little girl whimpered.

"Judith!" he bellowed. "Come here. Get your slut daughter off her behind. Judith!"

No answer.

The child shrieked as he went after her mother. Ricky began to w

Judith lay in a stupor, a vac smile on her battered face.

"You're zonked," he shouted at h "Zonked. The minute my back turned."

She stared up at him weakly. I flattened nose made him want to re "How much did you take? Answer before I tear your hair out."

She howled. Tufts of gray wool fr her scalp were in his hands.

Disgusted, he kicked her into living room. "A couple of prima d nas, I'm living in a dump with a cou of prima donnas. One's a smackh and the other's a runt I dragged from the gutter." He picked up a ch and aimed. It caught Judith across chest. The force threw her backwa

Then he pulled her to her feet punched her in the mouth. With a squoosh the blood from her split spurted onto the wall.

"Get a move on, Melinda."

"I hate you," the little girl shrie from the sofa. "I hate you. You're my real father."

With a terrible cry, he caught child's legs and whirled her like a s putter. "Slut," he shouted. "Slut, back where you came from."

"*Daddeeee.*"

The forty-pound child hur through space till she hit the wall. head bounced on impact before she to the floor with a small sigh.

He let out a whoop and fell on dith, flailing her until he passed o

Melinda lay where she fell, her h propped against the wall. A dribbl vomit oozed down her chin.

MONDAY, NOVEMBER 2, 1987

Five hours later, Barry *(contin*

"How to make a Frenchman, an Englishman, and a Polynesian happy in Ohio."



Chef Byron J. Bardy, C.M.C. One of only 40 Certified Master Chefs in the country. Creator of Heinz HomeStyle Gravies.

"The next time unexpected company drops in, surprise them with one of these three international recipes. They're sure to please anyone who sits at your table.

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"Try one tonight. Your company is sure to enjoy it. Even if they're from just across the street."



▲ Yorkshire Steak

1 clove garlic, minced
1 teaspoon butter or margarine
1 jar (12 oz) Heinz HomeStyle Brown Gravy
¼ cup Heinz Horseradish Sauce
3 tablespoons Heinz Worcestershire Sauce, divided
1 tablespoon dry red wine (optional)
2 tablespoons vegetable oil
1 (1 to 1¼ pound) flank steak

In small saucepan, sauté garlic in butter. Stir in gravy, horseradish sauce, 1 tablespoon Worcestershire sauce and wine. Heat over low heat, stirring occasionally. Meanwhile, combine oil with remaining 2 tablespoons Worcestershire sauce; brush on both sides of steak. Broil steak, about 3 inches from heat source, 5 minutes. Turn and brush with remaining oil mixture; broil about 5 minutes longer. Slice steak diagonally across the grain; serve with horseradish gravy. Makes 4-5 servings (about 1⅔ cups gravy).

In large skillet, brown chops on both sides in oil; remove and set aside. In small saucepan, sauté garlic in butter. Stir in bread crumbs, parsley and pepper; set aside. Combine egg and water. Dip chops into egg mixture, then into crumb mixture. Place chops on well-greased baking sheet. Bake in preheated 400°F oven, 12 to 15 minutes or until cooked. Meanwhile, pour excess fat from skillet; add half and half and heat, stirring up browned bits. Stir in gravy and mustard; heat. Serve chops with sauce. Makes 4 servings.



esian Beef
12 oz) Heinz HomeStyle
vn Gravy
espoon frozen orange juice
centrate
espoon dry sherry
espoon soy sauce
poon pepper
ound) flank steak, cut into
ch thick slices
poon grated gingerroot
espoons vegetable oil,
ded
ium red bell pepper,
nne
(¼-inch thick) zucchini
s
snow pea pods
sliced green onions
oked rice
ne first 5 ingredients; set
in large skillet, quickly stir-
f and gingerroot in 1 table-
oil just until beef loses its red
remove. Stir-fry vegetables
aining tablespoon oil until
-crisp; stir in gravy mixture.
beef to skillet; heat. Serve
ce. Makes 4 servings
4 cups).

Chops Dijon ▶
or loin pork chops, cut
ch thick
espoon vegetable oil
e garlic, minced
espoon butter or margarine
½ cups soft Italian or French
d crumbs
espoons chopped fresh
ley
teaspoon pepper
slightly beaten
espoon water
half and half or milk
12 oz) Heinz
neStyle
vn or
Gravy
espoon
n-style
tard

nz Co.

LAST LAUGHS

FOR BETTER OR FOR WORSE **By Lynn Johnston**



From the 1989 FOR BETTER OR FOR WORSE CALENDAR, by Lynn Johnston. Copyright © 1988 Universal Press Syndicate, published by Andrews and McMeel. Reprinted by permission.

Out of the mouths of babes

I was checking the ingredients on some packaged cupcakes and noted aloud that they contained shortening. When I asked my five-year-old daughter if she wanted one, she said, "Mom, I can't take a chance. I'm short enough!"

—Patricia Lager, Flushing, NY

When my six-year-old granddaughter was asked by her mother to spell Mississippi, she started "M-R-S . . ." When her mother said no, she got very annoyed, put her hands on her hips and said, "Well, is she married or not?"

—Mrs. Janet Green, Columbus, OH

As our minister's wife placed her envelope in the collection basket, my friend's granddaughter whispered, "Grandma, how come she has to pay when her husband runs the place?"

—Mrs. L. Light, Louisville, KY

LAUGH LINES Compiled by Ron Smith

"Scientists announced today that they have discovered a cure for apathy. However, they claim no one has shown the slightest bit of interest in it." *—George Carlin*

"My wife's an earth sign. I'm a water sign. Together we make mud." *—Rodney Dangerfield*

"If you ever have an accident, I hope you have on clean underwear. You're driving a truck—right into another truck . . . now comes your mother to the hospital: 'Did he have clean underwear?' 'Yes, we found it in the glove compartment!' " *—Bill Cosby*

"My girlfriend told me that she was seeing another man. I told her to rub her eyes." *—Emo Philips*

GREAT SCOTT!
(A Valentine to Willard)

Flower in your buttonhole,
Hat perched on toupee—
Dear Willard, here's what's happening
In *your* world today:

You're bringing sunshine to your fans
With your engaging grin;
And even when the weather's glum
You always lift a chin.

Let others forecast gloom and doom—
This fan will always thrive
On folksy news of festivals
And who's pushing 105!

—Jacqueline Schiff

COMING IN March



A day in the life of the American beauty We traveled across the country in one fun-filled day to see how you keep fit and looking great! Find out the beauty secrets of twenty women—from a busy mom with little time for makeup to a trendy spa-goer's regimen, and more.

Comfort food Got a craving for some TLC? See our menu of cheer-you-up choices—luscious chocolate cupcakes, a super sundae and a terrific tuna melt.

Bedtime stories A tale about the cozy comfort of America's bedrooms and the clothing we love to relax in. Take a peek at our good-night retreats.

Willpower workout Whether your goal is starting a diet or staying with an exercise program, you'll do it better with our tips to strengthen your resolve.

Plus interviews with stars, and more! On sale February 14.

J. Barry O'Rourke

March

AN BEAUTY & FITNESS

Real women's guide to looking great

Journal

New help for food addicts

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EXCLUSIVE How Jackie raised her children







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to make him
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. Bush's son:
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clothes you
cost too much



Tom Selleck's new family

zzling desserts
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tiful bedroom



At home with Amy

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and cheeks, and The Sorbets on her eyes. Earrings, Artwear. © 1989 Revlon, Inc

PINKISH

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More like Pinkish.

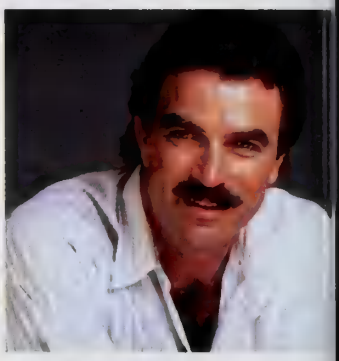


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LADIES' HOME Journal® VOL. CVI NO. 3 MARCH 198



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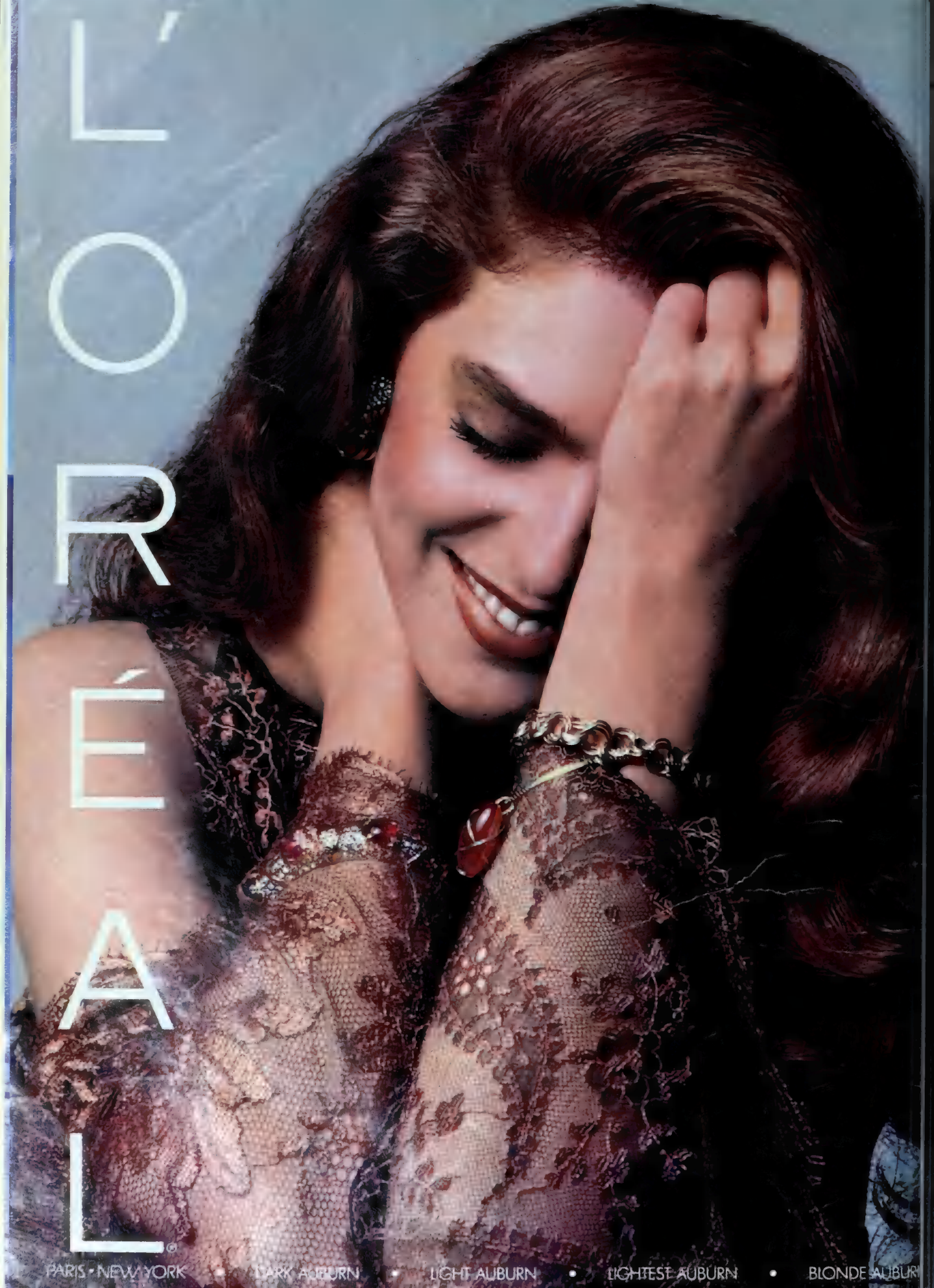
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Women are taking on a whole new shape.

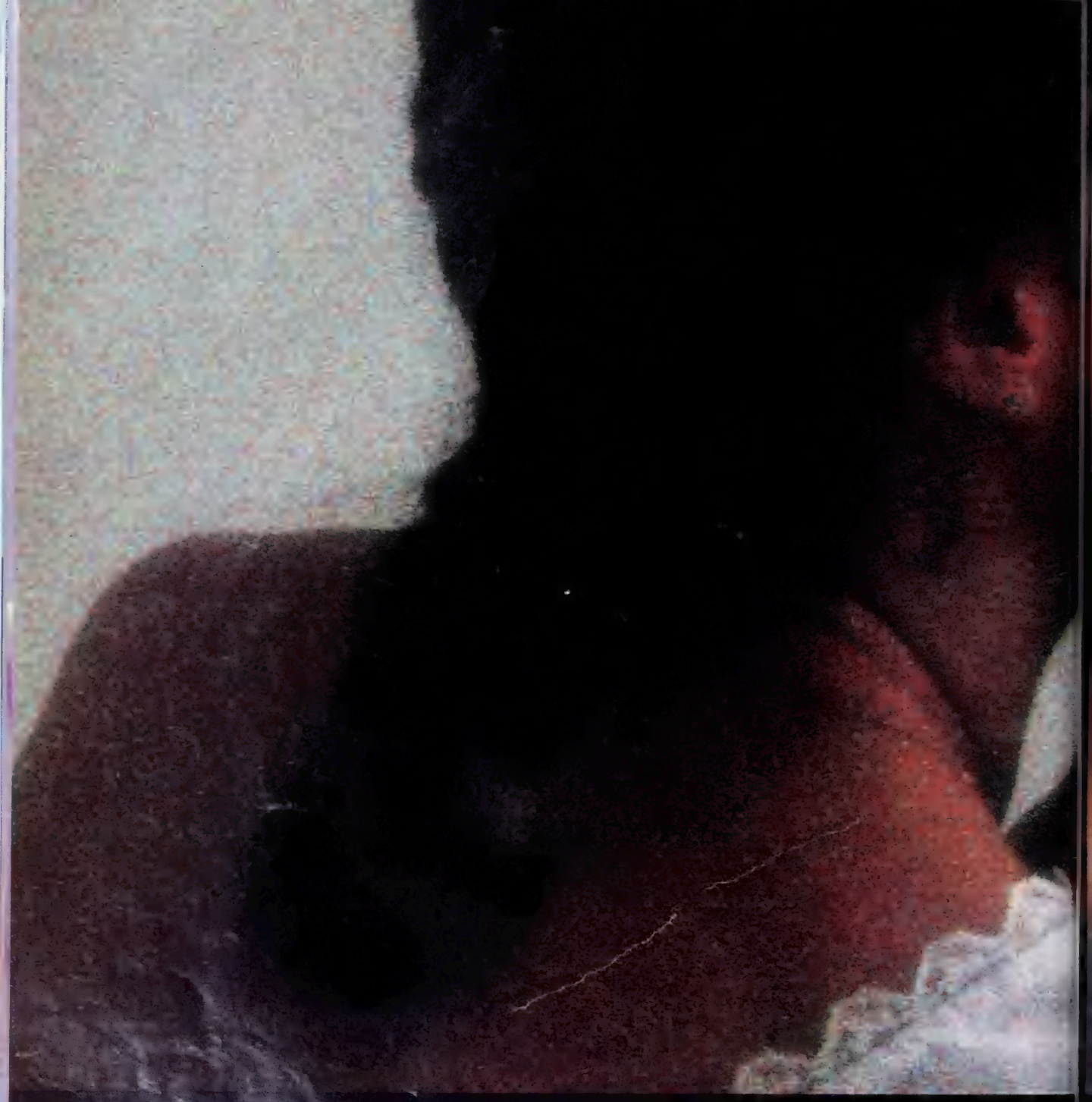


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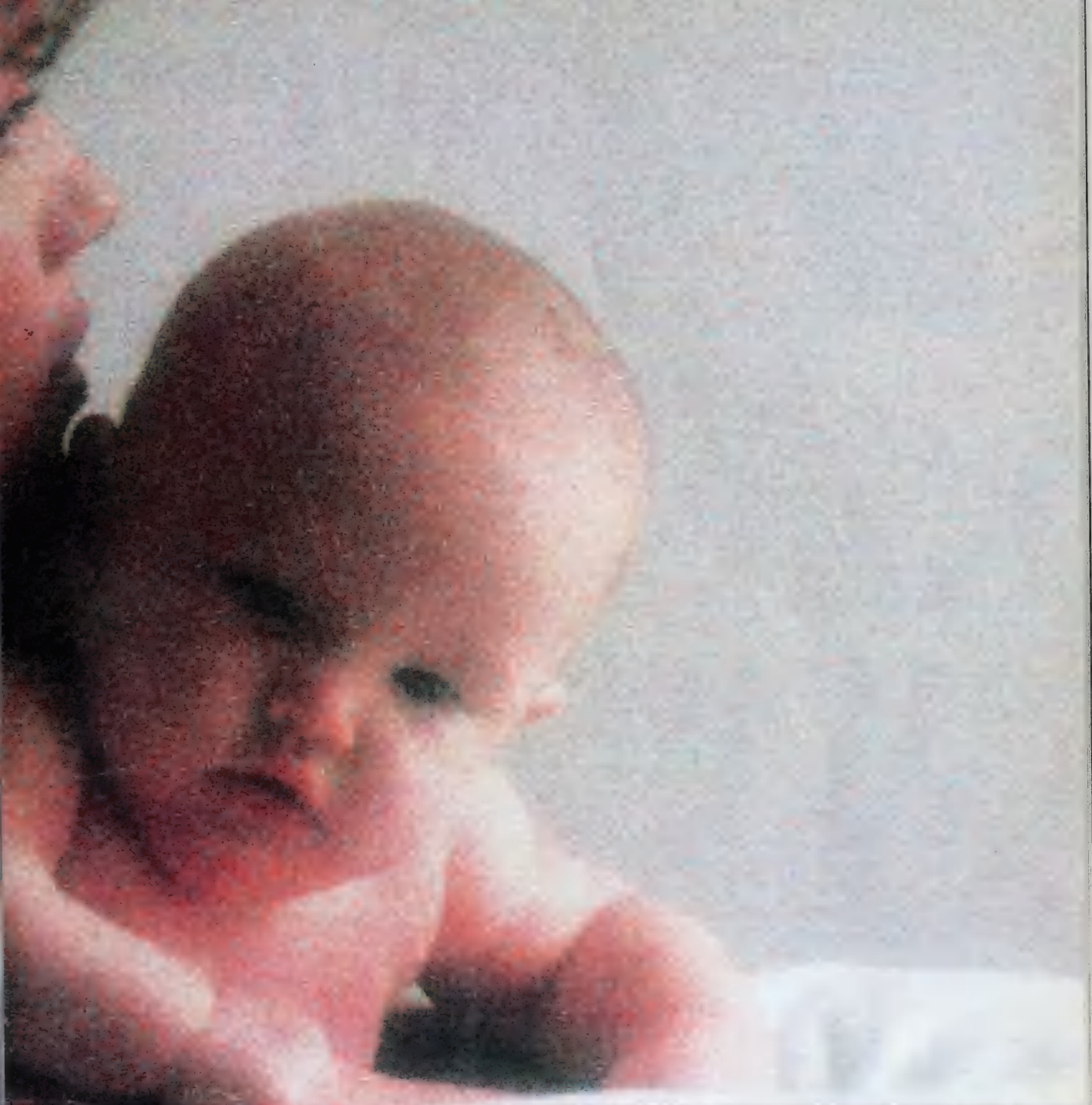
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Let's get it together...buckle up.





HE *Heartbeat* OF AMERICA TODAY'S CHEVROLET ™

EDITOR'S JOURNAL

By Myrna Blyth



Spring is a lovely season. The only problem with it—it's a little hard to find. Where I live one day can be sunny and full of promise. The next day you find yourself digging out from a snowstorm. Yet whatever the weather is, chilly or balmy, I inevitably get those spring-fever-type feelings that make me want to do something new or different—don't you? To help celebrate spring, I asked a couple of our editors for some practical suggestions to lighten up and brighten up. First of all, here's what Beauty and Fashion Editor Lois Joy Johnson advises: ■ Take off your opaque panty hose. Get into something sheer that will give your dark woolens a springtime look. ■ Get serious about exercise. Join a gym, buy a tape. ■ Buy a chiffon scarf in a pastel color—pink, yellow, lime green—to add a little pretty color to a black sweater or white blouse. ■ Start testing lighter, floral scents so you'll know the perfume you'll want for this summer (and what to suggest they buy you as a Mother's Day gift).

great ways to celebrate spring



Food Editor Jan Hazard has her own menu of springtime suggestions, too, including: ■ Make a daffodil cake for the kids. That's just a yellow layer cake with whipped-cream frosting. The kids will love the name, love the cake. ■ In the fruit and vegetable department, rhubarb is the first harbinger of spring. Bet your mother or your grandmother has a recipe for a strawberry-rhubarb pie or tart that you could try on a springtime Sunday. ■ Indulge in asparagus (flavor with a bit of lemon and butter). It isn't fattening, and it does taste like spring.

A final note: *LHJ*'s call-in day this month is March 1 from one to four P.M. eastern standard time. Call us if you have questions or comments about *LHJ*. Remember, you pay for the calls. Call the beauty and fashion department at 212-351-3582; the food department at 212-351-3681; the decorating department at 212-351-3683; Managing Editor Mary Mohler at 212-351-3584 to talk about child care or the magazine in general; and Health Editor Nelly Edmondson Gupta at 212-351-3680. Nelly will have a pediatrician with her at the phone this month. We want to hear from you.

And don't forget to take pictures—or videos—of the kids looking for Easter eggs, wearing their bunny costumes or dressed in their Easter best.

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Send all subscription correspondence and change of address (include latest mailing label and allow 8 weeks for change) to P.O. Box 10895, Des Moines, IA 50336-0895. Send all other correspondence to Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

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CAN THIS MARRIAGE BE SAVED?

"I had an affair with the teenager next door"



Rob thought he had the perfect marriage . . . until he discovered the incriminating letters in Michelle's drawer

By Margery D. Rosen

Introduced thirty-six years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Evelyn Moschetta, D.S.W., and Paul Moschetta, D.S.W., a husband-and-wife counseling team in private practice in New York City and Bay Shore, New York. The story reported here is true, although names and other details have been changed to conceal identities.

Michelle's turn

"I STILL CAN'T BELIEVE it . . . Rob found the letters, these very explicit love letters, that Kevin wrote to me over the last few months," said Michelle, thirty-one, her voice cracking and her eyes filling with tears. "It's really very hard to talk about this. I feel very confused and embarrassed. I know Kevin is only seventeen, and most people would be horrified. But he doesn't seem young at all to me. When he touches me, I feel more special than I've felt for years. Finally, someone is paying attention to me. I'm important. I count.

"The letters were in my top dresser drawer—covered by a nightgown. When I walked in the door that night—I'd been with Kevin, though I'd told Rob I was going to a movie—Rob was just sitting there in the living room staring at the wall, and I knew immediately what had happened.

"We got into this huge fight. I thought Rob was going to smash a hole in the wall or something. And then we stayed up all night talking, trying to figure out what to do.

"It's very scary; we've been married for twelve years and have three beautiful kids—Rob, Jr., who's ten, Lisa, eight, and John, five. So if only for their sake, we have to try to work things out.

"How could this happen to us? I met Rob at a disco when I was sixteen. I think I fell in love with him right then and there. Rob is tall, dark and handsome. He was also three years older than me, a college guy.

"My parents adored him, too. I come from a very close family—you could say too close. Everybody has a say in everybody else's business. My father is very tough. You don't argue with him. He owns his own dry-cleaning business, and he was—still is—bossy to my mother. He's never there for her, though. If he's not busy with his job, he's running all over town doing things for *his* mother, who lives upstairs. My mother just takes it, too. And I know that for years he's had affairs. *(continued)*

Photo, Gabe Palmer/Stock Market; illustrations, Tom Arma.

VIRGINIA SLIMS

In 1911, it wasn't a woman's opinion that carried a lot of weight.



You've come a long way, baby.

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CAN THIS MARRIAGE

continued

"I guess I was a happy kid, even though nobody paid a lot of attention to me. My parents were mostly centered on my brother, who is three years older than me and always had learning problems. I was the good little girl. It was just assumed that I'd settle down and have a family.

"I only wish Rob's parents liked me half as much as mine like him. As far as my in-laws are concerned, I can't do anything right. When we were dating, my mother-in-law would criticize me for everything—my hair was too long, I was taking up too much of Rob's time. Rob never said a word in my defense.

"Still, we dated for three years, and when Rob was a senior, we decided to get married. Rob's parents were furious, but he put his foot down.

"At first we lived in an apartment in a house owned by my aunt. But by the time I had Lisa, we'd had it with the lack of privacy. Rob was doing well in his sales job, so we bought a house.

"I loved it that we were on our own, but I wasn't working and I found it hard to meet people. We started socializing a lot with Rob's friends, and I have to say, I don't like any of them. They're all stuck up, acting like they're so much better than me ju because they went to college. Look, want to go back to school; I've alwa loved psychology. A few years ago, w were at a party—I was pregnant wi John then—and one of the men made remark about what a good breeder was. As if having babies was the on thing I did well in this world.

"I started to cry and looked over Rob, who had heard the whole thin But he said nothing. I guess that's wh I feel so alive when I'm with Kevin he's really *there* when we talk.

"I've tried to talk to Rob about how feel, but he never listens. He's su posed to be my partner in life, and feel so undesired by him.

"Still, Rob expects our sex life to terrific. When we first got married, was, but it's kind of faded. I can't ju turn it on and off like a faucet. And I'm not in the mood, Rob sulks.

"Well, about a year and a half ago was talking to Kevin's mother—neig borly chitchat—and she started telli me how badly he was doing in scho His problems sounded a lot like m brother's, and when she asked if thought I could help him, I said yes.

"So Kevin started coming over eve Wednesday night around nine. T kids were in bed by then, and R would usually go down to his baseme workshop. I'd be in the family roo tutoring Kevin in spelling and E glish. It was perfectly innocent. It ne er occurred to me that there would— could—be anything between us.

"And he started doing real well. felt so incredibly happy, so rewarde Kevin made me feel special. He rea looked up to me, really respected me

"A few months ago, we both sens this, well, sexual excitement buildin I sort of denied it at first—it seemed outrageous. But all that sexual tensi just kind of burst out one night. R was already asleep upstairs. The hou was quiet, dark. I really don't reme ber who touched who first, but befor knew it we were on the couch.

"Though we both thought it wou only be a one-time thing, we've be meeting about once a week. Som times we even do it in the park. I ca believe we're so brazen.

"Yet, now we're in this horri mess; I feel so guilty. I must sou crazy; I feel crazy. I love Rob and I lo my kids and I know I should stop th affair, but I can't. It's become an add tion with me."

Rob's turn

"How do I feel? How do you *think* feel? I'm devastated," said Rob, thir four, a muscular six-footer dressed well-pressed jeans and a plaid shirt.

ıy would she do this?
'What's wrong with me? Aren't I ɔd enough for her? Aren't I handne enough? Don't I pay her enough ention? This is incredible; he's a l, for chrissakes. What does she plan do? Run off to Tahiti?
'You know, listening to Michelle, I n't help wondering, is her life all ıt terrible? We have a nice house, ee great kids, I have a good job.
'Take my parents, for instance. So ey didn't flip head over heels for her; not anything personal. They'd feel s way about anyone I was married Okay, so maybe I should have said nething, but that's just not the way m. I'm not real good at speaking up. I come from a very traditional, very tective Italian family; I think re's a lot of love there, but Dad is boss, and what he says goes. My ther is very nervous and highıng. I remember as a kid always ving to be quiet, to play outside so I n't disturb her. And God forbid I did thing wrong—like get dirty or get ad grade in school. I worked hard to perfect, to make them happy.
Even in college, I lived at home, ugh by then I guess I was getting a le tired of their overprotectiveness. ey used to complain about Michelle, it's not true that I never stood up to them. When we decided to get married, I certainly did.

"But this business about my friends putting her down . . . I think that's all part of Michelle's feeling inadequate. A lot of those women do work, but I don't recall anyone making fun of her because she was pregnant. Maybe she just thinks they did.

"And I hope you know that her staying home with the kids was not only my idea. We both agreed we don't want our kids in day care. Look, I think being a mother is the toughest job in the world, and Michelle is a terrific mother. But some women just aren't satisfied. And now this . . . this affair . . . it doesn't make sense.

"I guess I should talk a little about my job. Well, selling is a lot harder than I ever thought it would be. You try so hard and work so long, and a sale still falls through. It's very frustrating, and sometimes I get these terrible headaches. I feel so tight, so tense, I just need to sleep or be left alone. It's not easy supporting a wife and three kids on commission.

"Why can't Michelle understand that? I come home after working hard all week, and on the weekend, I want to rest or watch a ball game.

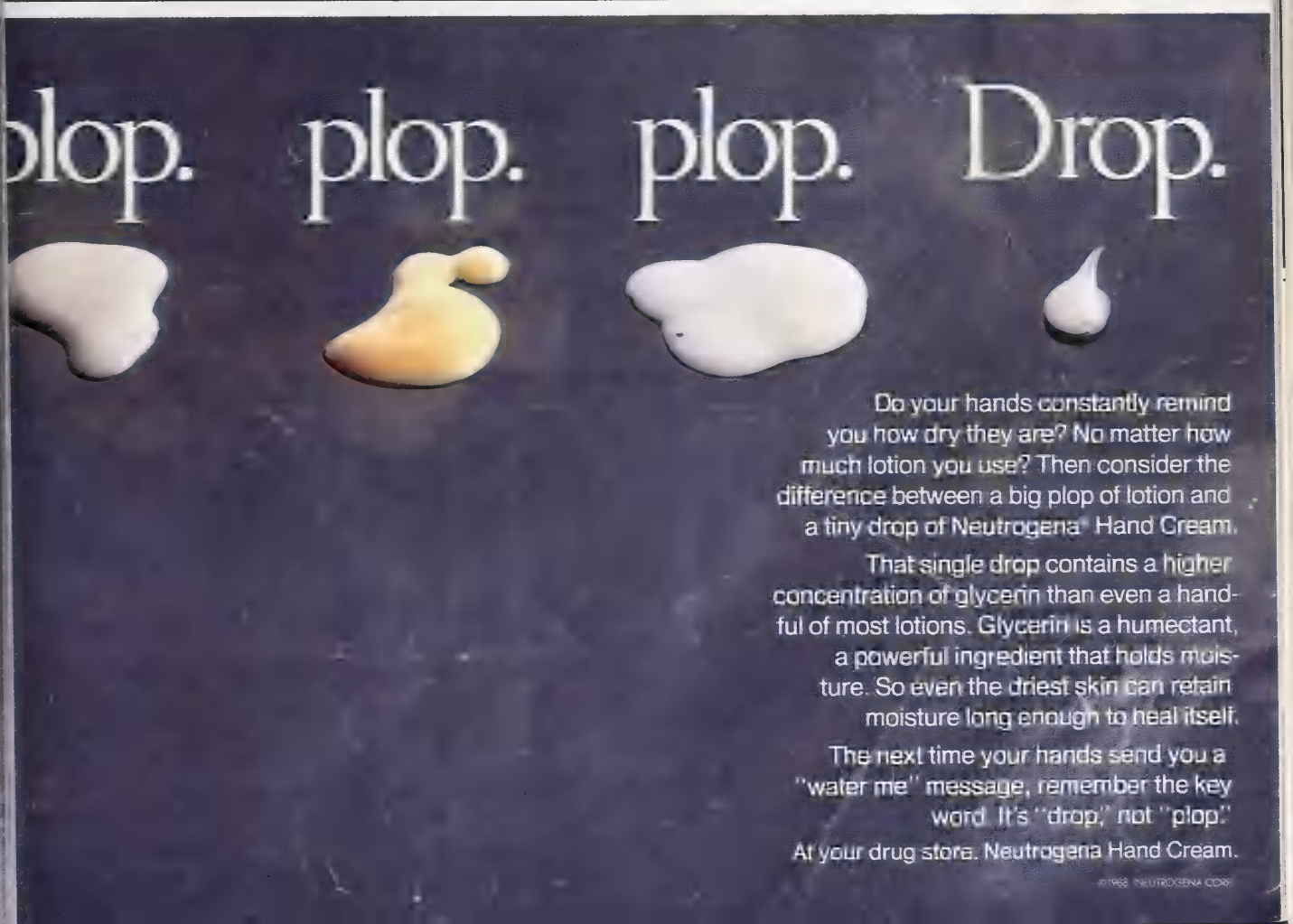
"Maybe it's all my fault. Maybe I don't communicate. But I don't like to fight. If Michelle was so unhappy, why didn't she talk to me about it? I mean, to start sleeping around, with a neighbor's kid, no less. How could she do this to me? To our kids? Didn't she think about anyone besides herself?"

The counselors' turn

"Our first step was to reassure this couple that they were not the only ones ever to confront—and overcome—a problem of marital infidelity," said the counselors. "We also needed to convince them that the affair—scandalous and devastating as it was—was not their main problem; rather, it was a symptom of much unhappiness beneath the surface.

"Of course, before we could begin to help, we told Michelle she had to stop seeing Kevin. Reluctantly, she agreed. (Incidentally, a few months after we began counseling, Kevin graduated from high school and moved away.)

"During our first few sessions, Michelle was tearful yet guarded, and we could tell she was not only holding in a great deal of anger but also wrestling with a certain ambivalence: Though deeply ashamed of her infidelity, she also felt justified. The affair was her desperate way of saying, 'I've done things your way for a long *(continued)*



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CAN THIS MARRIAGE
continued

time; now I want to take control of my own life. So, hey, pay attention!' What's more, Kevin's adoration gave her ego a much-needed boost.

"It's not surprising that she felt this way. Michelle grew up in an environment where women were not taken seriously. Their primary—in fact, only—function was to make a man happy.

"Michelle's mother had little self-esteem, and she never spoke up, even to protest being continually ignored by Michelle's father. This infuriated Michelle, who saw a similar pattern in her own marriage.

"Rob, an adored only son, came from a similarly sexist background. Caught between an emotionally fragile mother who would fall to pieces if he confided in her and an authoritarian father who terrified him, he learned to hold in his feelings and grew up to be a passive man who tended to sulk and brood rather than face any of his problems head-on.

"Still, Rob believed he was living out the American dream in the suburbs. In his mind, he was the ideal husband, Michelle the ideal wife. Like many men, Rob was not attuned to what was going on, and he was completely shocked by her infidelity.

"One of our goals was to help Michelle understand that her needs were legitimate, that she had every right to expect her husband to care about her feelings and stand up for her if others put her down. However, we also pointed out that the way in which she went about making that point—having this affair—was destructive to her own self-esteem as well as to the foundation of her marriage.

"Of course, Michelle first had to get in touch with what she really wanted, and this happened about six months into counseling. Michelle started talking about how much she looked forward to going to college once her children were grown. 'Why not go right now?' we asked.

"Michelle was stunned by our suggestion: It had never occurred to her that she could easily squeeze in classes before the children arrived home from school. So, motivated, she began taking courses toward her associate's degree in sociology at the local community college.

"As her confidence grew, Michelle realized she didn't need other people's approval. One Sunday, when both sets of in-laws were over for dinner, she made the announcement that she was going to go to college. For a second, the conversation stopped, 'and then some one said, "Okay, please pass the pota toes," ' Michelle recalled. 'They jus didn't care. But it didn't bother me. knew my decision was right.'

"Understandably, it took Rob a lon time to put aside his anger and pain For months, he continued to object t Michelle's plans and to subtly put he down, commenting, for instance, that course for which she had received an was actually not very difficult.

"However, in time Rob was able t see how he had brought some of h family's sexist attitudes to his ow marriage, not only in regard to h wife's schooling but also in his expecta tion that she be there for him sexuall whenever he wanted.

"Gradually, he began to take pric in Michelle's achievements; most im portant, he started to tell her—an others—so. This thrilled Michelle, an she found her passionate feelings fo her husband returning. Though sh now looks forward to making love, she isn't in the mood for sex one nigh they have both learned it isn't the en of the world. Sometimes they jus snuggle in bed and talk.

"Interestingly, though money wo ries had always plagued him, Rob, skilled carpenter, never did anythin about it. We suggested he set up free-lance carpentry business in h basement workshop, and before long became very successful, giving th couple enough extra money so the could steal away to a nearby hotel fo an occasional romantic weekend.

"Rob also learned to confide more i his wife. Instead of brooding abou problems at work, he discovered ho much it helped to talk about them Soon he was able to put the job int perspective: The business world was tough place. Some deals would work others would not—through no fault his own—and there was no way change any of that.

"By the time we agreed to end cou seling, both Michelle and Rob we thrilled with the progress they ha made. Michelle has a year to go befo she receives her degree; she plan eventually to get a master's in hopes becoming a marriage counselor he self. And, as often happens with co ples who have successfully strengt ened the core of their marriages, R and Michelle found that they yearn for more spiritual fulfillment, to They've rejoined their church, and th whole family is busy with church-r lated activities.

"As Rob said during our last sessio 'We always thought we had a go marriage, but it took a crisis to get to the point where it's better than ever expected.' "

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THE BEAUTY OF YOUR SKIN TYPE	*Clean, clean, clean—gently, gently, gently—is your rule. The rewards? Your skin defies age more than any other.*	*With proper cleansing, you'll find a healthy glow easy to achieve. A little pampering does wonders!*	*Give it pure, pure cleansing, faithful moisturizing, and your skin is the most refined, most delicately beautiful of all.*
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ADVERTISEMENT

"We're afraid of our son"

Why had the friendly little boy we'd adopted turned into a hostile alien filled with hate and rage? We finally uncovered the shocking answer

By Bonnie Harlow

Every Monday morning I wake up early, my heart pounding with hope and dread, love and fear. For this is the day my husband, Jim, and I are allowed to see Chris, our fourteen-year-old son.

We drive an hour from our home in Dallas to Terrell State Hospital, where Chris lives in the adolescent unit. There, we sit with him in a therapist's office, hoping that this time we will finally be able to get through to him to help him.

When we brought Chris into our lives eleven years ago, Jim and I were idealistic twenty-five-year-olds, ready to help save the world. Because we had worked with urban street kids, and I was trained in social work, we decided that the best way to make our contribution was to adopt "special-needs" children—kids who are difficult for adoption workers to place. We were unable to have any children of our own, so this seemed like the perfect solution.

In 1978, we adopted three-year-old Chris, an adorable little boy with big brown eyes and a mischievous grin. Although he had been living in a foster home for more than a year, Chris showed no regret in leaving his foster parents. Instead, he ran right up to us, shouting, "Hi, Mom! Hi, Dad!" Years later, a child psychologist would tell me that Chris's eagerness to leave his foster parents for two virtual strangers was a classic sign of an "unattached child"—a child unable to bond with his parents and incapable of forming intimate relationships.

But what I remember that day was the overwhelming feeling of love that swept through me when Chris reached up to hug me. It was so obvious that he wanted to be our son.

Of course, we knew there would be some risks with Chris. The state social worker had told us that Chris had been hit on the thigh with a belt. But we weren't told that early abuse almost certainly means psychological problems or that Chris might need child therapy. Instead, the social worker kept telling us that all Chris really needed was a good home. And the report on him simply said that he required "a mother who stays at home and a father who will spend a lot of time with him." Our situation was ideal—Jim, a self-employed landscaper, could take off all the time he needed, and we could afford for me to be a full-time mom.

At first, our new family seemed perfect. "Chris loves to laugh," I wrote in my journal after our second day together. "He's friends *(continued)*



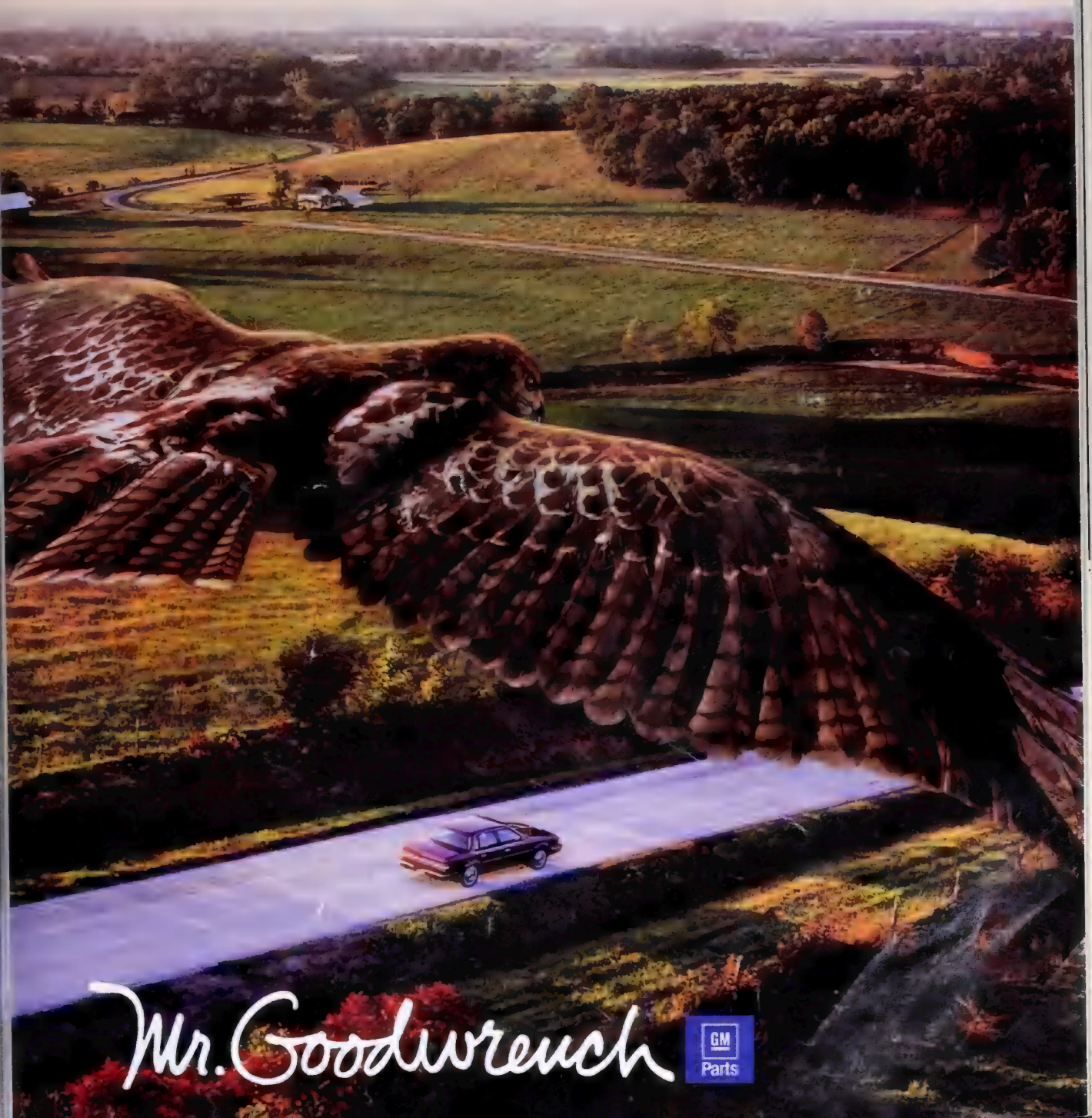
The author and her husband, Jim, with their son Chris (center), who was visiting on a pass from the state hospital

Phil Huber/Black Star

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with everyone he meets." But within a few weeks, things started to go wrong. If Chris's toy trucks didn't work the way he wanted them to, he'd tear them apart or throw them across the room and then hit himself on the head with both fists, shouting, "Stupid Chris! Stupid Chris!"

Gradually his rages became more and more uncontrollable. Most disturbing were the times he did things like going to the bathroom in his pants, putting his hand under my shirt or playing with his rectum. Today I know that these were signs of a child who has been sexually abused, but at that time we had no idea. We thought that he was hyperactive or that he was having a hard time adjusting to his new life. Patience, we told each other.

But as the years went by, Chris's behavior only became wilder. He did ways did the exact opposite of what Jim and I asked him to, and sometimes he'd get so angry that he would hit or kick us. He was such a bully that other parents wouldn't let their kids play with him. At school Chris refused to do anything the teacher said.

Believing that Chris's past might hold some clue to his behavior, I asked the child welfare department for his records. However, my request was denied. The social workers continued to tell us that with love Chris would outgrow these problems. But Jim and I were beginning to have our doubts.

We took him to several child psychologists, who told us to make sure he understood that nothing done to him in the past was his fault. They also repeated the most accepted theory of child therapy at that time: If a child was having problems, his parents probably were not giving him the kind of love he needed. I spent sleepless nights blaming myself.

Although we were frustrated, Jim and I still believed that in time Chris would be all right. And when the state adoption agency asked us if we were interested in adopting a fifteen-year-old boy named Glenn, we said yes.

After Glenn, we adopted three other special-needs children: Asher, a biracial baby; Rosalie, a child of incest who is mentally retarded; and nine-year-old Jody. Ironically, we were told from the beginning that Jody had been abused but thus far she has not had the acute problems that Chris has.

It was not long after Jody joined our family, in 1986, that Chris hit puberty—the time when a disturbed child's emotional system can go haywire. Like a walking time bomb, he exploded. He fondled a girl at school. And he began to attack us or *(continued on page 2*

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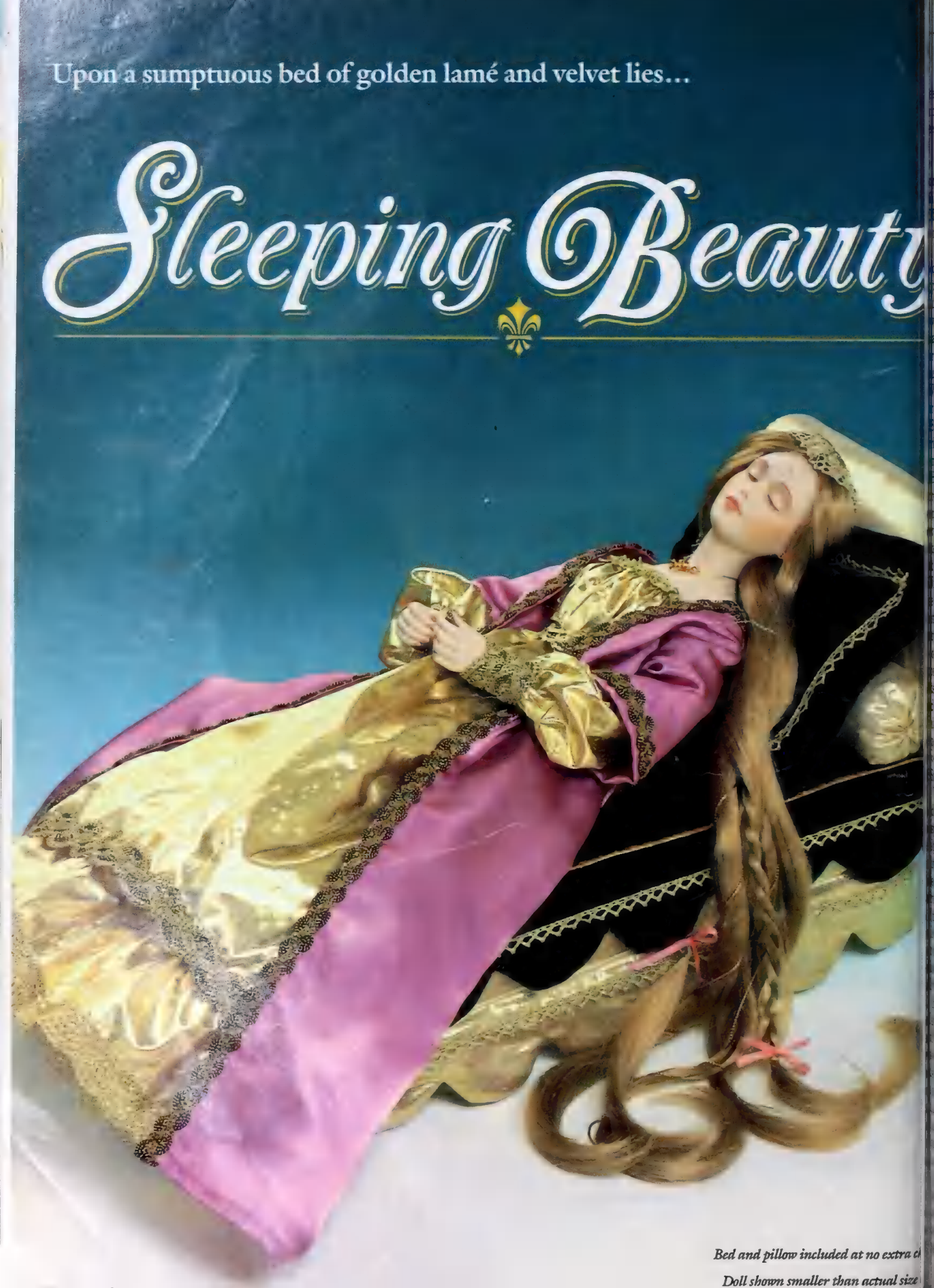
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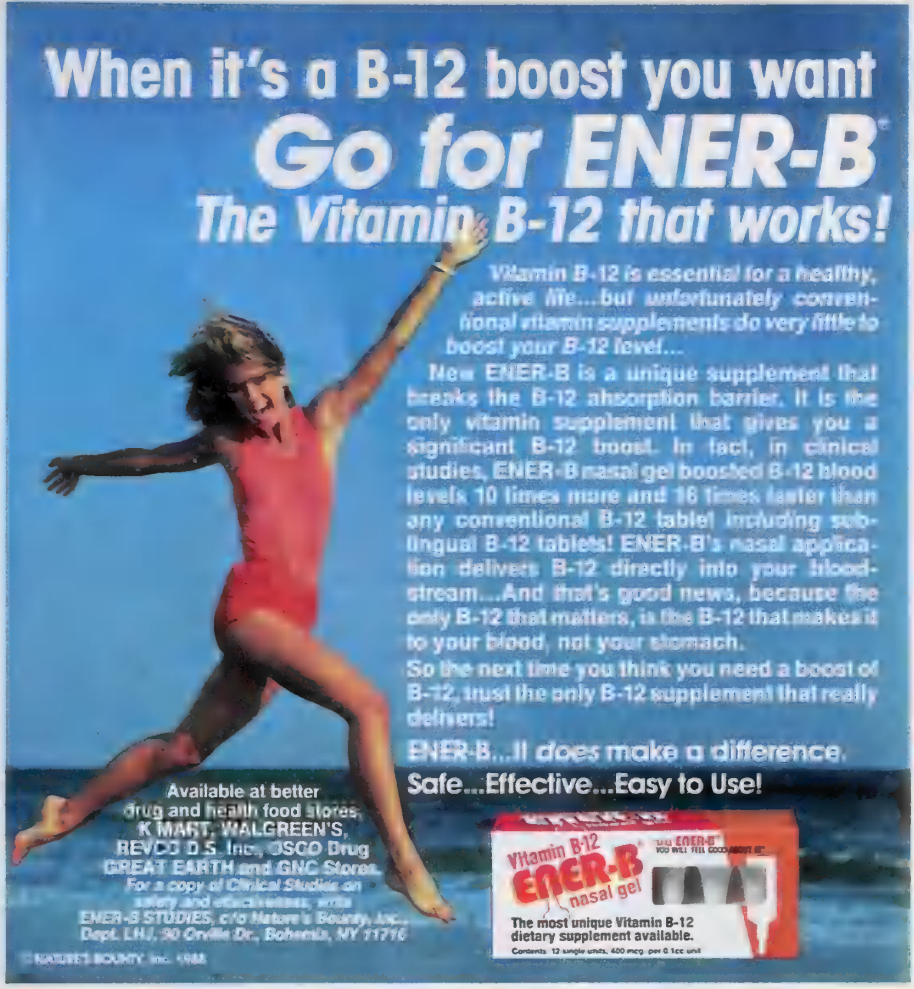


Bed and pillow included at no extra c

Doll shown smaller than actual size

ontinued from page 20

other kids almost every day; one
e he came at me screaming and hit
n the nose. Jim and I had to install
larm on his bedroom door because
were afraid he might sneak out
ng the night and hurt the other
dren.
nen, in December of that year, our
st fears about Chris were realized.
sychologist who was seeing him
us that our son was showing early
s of schizophrenia. Jim and I were
ned. Not long after we got this
s, Chris tried to kill himself by
lowing all the children's aspirin in
medicine cabinet. Fortunately, we
d him in time.
e knew then that we had to get
son some real help. So in August
', we put Chris in a private psychi-
hospital. It was the hardest deci-
we had ever made.
e did have one significant break-
ugh there. One day he just hap-
d to mention that he had been
ally abused by his natural par-
. We tried to get him to say more,
he refused.
m and I had to know more. I called
child welfare office of New York
e, where Chris had lived with his
ral parents. A concerned employ-
the department sent me a chilling
rt. It said that both of Chris's par-
had a history of mental illness
that his father showed signs of
zophrenia. Horrified, Jim and I re-
d that Chris had a history we had
r been told about.
nce January 1988, Chris has been
erell State Hospital, where we
to move him after the psychiatric
ital informed us that they couldn't
him. It's hard to tell whether
s is getting better, although he
have good days. The doctors are
in that he suffers from some sort
ental illness—perhaps schizophre-
or another personality disorder—
they are treating him with low
s of Mellaril, an antipsychotic, and
nil, an antidepressant.
all honesty, there are times when
terrified of my son. During one of
weekly family therapy sessions
ral months ago, Chris turned to
herapist and said, "I'm gonna get
mouflage jeep with machine guns
go home and kill my mom and
Then I'm gonna come back here
ill all of you." The look of rage on
ace was truly frightening.
n and I don't know what the fu-
holds for Chris—and time is run-
out. The state hospital doesn't
the facilities to keep him indefi-
y—in fact, they may tell us any



day now that we have to move him. We can't put him in another state mental hospital, because our state just doesn't have the room or the services to provide long-term care for adolescents. Our last hope was a private mental health clinic in Colorado that specializes in treatment for abused children. But the doctors at the clinic felt it was probably too late to help Chris. And our insurance won't cover any other private treatment program.

Yet even in the darkest moments with Chris, I can still see the other side of him. In one of our hospital therapy sessions he came in with a long letter he had written. "I act like I don't care about you, but I do. . . . I wish that I could trust you, but for some reason I just can't," he wrote. It was the only time since he had been at the hospital that he expressed any feeling of love.

In hopes that others would not have to share our suffering, Jim and I filed a lawsuit with six other adoptive couples last summer, asking a federal court to overhaul the public adoption system. We want parents to have the right to see *all* information that a child welfare department has (excluding the names of the biological parents), and we are demanding better training programs for adoptive parents and better therapeutic services for children who are abused and then adopted.

Although there are moments when I wonder what our fight for Chris is accomplishing, I know I will never give up. So I put my faith in God that Chris will get better. And I keep on looking for one more way to bring back the sweet child we first knew. ■

Adoption: the first step

If you're interested in adopting a special-needs child, call The National Adoption Center (800-TO-ADOPT) for details about the adoption process and for the name of an adoptive parents' support group in your area. Through the group, you can talk with a couple who have adopted a child with problems similar to those of the child you're considering.

Although by law you may not be told the names of the child's birth parents, you should demand all other information and records the adoption agency or state has on the child. Also, question the caseworker and the child's foster parents carefully. Ask how often the child has been moved from home to home, whether he was neglected, if there is a history of mental illness in his family and, most important, if he was abused at any time. —SKIP HOLLANDSWORTH

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BEAUTY & FASHION JOURNAL

March into spring with fabulous flair



The Dove/LHJ classic model discovery winners!

Meet the lucky *Journal* readers who beat 6,300 women in this year's Dove Classic Model contest! The grand prize winner is Yvette Finkelstein, forty-seven (center, above). Yvette was awarded $25,000 in cash, a $5,000 designer wardrobe by Louis Dell'Olio for Anne Klein, and a one-year modeling contract from Faces Model Management. The runners-up are, from left, Sharon Steakley, thirty-one, Angela Johnson, thirty-two, Jan Brehm, thirty-four, and Connie Richardson, thirty-seven. Read on for their prize beauty and fitness tips.



Yvette Finkelstein

A busy mom of three from New Rochelle, New York, Yvette is involved in community affairs, works free-lance as a public relations writer and will also be completing a master's degree in counseling and personnel services. How does she find time to take such good care of herself? She steals an hour every morning to take a brisk walk, which does wonders for body and skin. Her motivating secret: She keeps her sweats and sneaks by her bed so she can hop into them at 6:15 and go. Usually Yvette walks alone so she can plan the day ahead. But sometimes she walks with a friend—a great way to combine exercising and socializing! Yvette's careful to protect her skin at all times with sunscreen; she drinks lots of water, and she washes her face twice a day with Dove. How did Yvette decide to enter the contest? "I saw the ad in *LHJ*, and my family really wanted me to enter," said Yvette, "but I was too intimidated. Then on the day the contest entry was due, I was in New York City and on a whim dropped by the Dove offices. I had my pictures with me, and I almost walked right back out with them until someone there convinced me to leave them. I still can't believe I won—it's a fantasy!" ▶



3 cheers for the runners-up

Sharon Steakley

This former Miss Tennessee found out about Dove from her dermatologist: Since she's a Retin-A user, her doctor suggested she cleanse with a gentle soap like Dove. Sharon loves a matte makeup look. Her best tip: Apply loose powder with a cotton ball. Brush off excess. To keep up her energy (she is director of talent for AIM Model and Talent Agency), Sharon walks four miles a day, carrying one-pound hand weights.

Connie Richardson

Connie, an interior designer from St. Louis, let us in on her can't-live-without beauty boosters: For long-lasting radiance, Connie uses gel blush topped with same-shade powder blush. To keep her hair glowing as well, she switches shampoos once a week to eliminate buildup and add shine. She cross-trains to work out all her muscles, alternating walking and riding a stationary bicycle.





Jan Brehm

Jan's an Oregon mom of two young girls and a model and actress in commercials. She's also a fitness buff who runs three miles every other day and does Nautilus and aerobics. Her skin has to look camera-perfect, so she relies on drinking eight glasses of water a day (she livens it up with lemon wedges). She applies eye cream every morning and uses Retin-A on her nose and forehead to tighten large pores and even up her complexion.



Angela Johnson

Angela hails from Oklahoma, has two daughters and is a medical and dental claims auditor, as well as a part-time model. She keeps fit with aerobics and swimming, and credits her good skin to eating three nutritious meals a day. She's found that eating a large lunch and a low-calorie dinner helps her sleep better. Her top beauty tip? She sets her hair in rollers before showering—the hot steam helps set the curl.

Photos: Nesti Mendoza; hair, Stephane Lempire; makeup, Levente; all clothes, Anne Klein. Details, page 187.

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the 7-step at-home facial

No need to get a salon facial to invigorate winter-dulled skin! We asked skin expert Lia Schorr, author of *Lia Schorr's Seasonal Skin Care,* for a guide to beautifying your skin at home. Try it once a week for a radiant complexion.

1 Wash hands thoroughly with lukewarm water.

2 Cleanse face with a liquid or cream cleanser. (If your skin is oily, try Revlon Clean and Clear Antiseptic Skin Cleansing Lotion for normal to oily skin; Coty Overnight Success Refining Cream Cleanser is great for dry to very dry skin.) Apply cleanser to a cotton ball and gently wipe up and down face. Rinse with warm water.

3 Refresh and smooth skin with a toner (such as Clarins Toning Lotion) to remove any lingering traces of dirt and makeup.

4 Stimulate circulation with a quick massage. Pour a rich facial cream or lotion (we like Oil of Olay Beauty Cream) on palm. Massage cheeks with palms in a circular motion from center to hairline. Then massage forehead. Next, apply cream to eye area. Move fingers gently from outer to inner corners. Massage nose and upper lip with index and middle fingers.

5 Steam face over a bowl of loose chamomile steeped in boiling water. Cover face, head and bowl with a towel draped like a tent so steam won't escape. Keep head ten inches from bowl, and steam for five minutes. For no-fuss steaming, try a portable face steamer like EpiSauna by EPI Products.

6 Apply a masque to just-steamed face. Look for Avon Nurtura Replenishing Mask for dry skin or Revlon Moon Drops Re-Texturing Whole Egg Masque for all skin types. Leave masque on for at least twenty minutes; rinse off with lukewarm water.

7 Smooth on a light moisturizer to protect and hydrate skin. We like Max Factor Soft Moisture Moisturizing Lotion or Neutrogena Moisture non-comedogenic facial moisturizer.

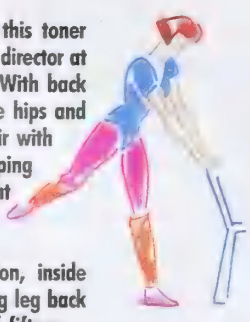
Photos, Toru Nakamura; hair and makeup, Philippe Becker for Timothy Priano; model, Jo Ross of The Group; illustration, David Cooland.

saddlebag smoother



STEP 1

Banish outer thigh bulge fast with this toner from Kalinai Quinn-Coggins, exercise director at the Desert Spa in Scottsdale, AZ ■ With back straight, bend slightly forward at the hips and hold on to the back of a sturdy chair with both hands. Bend right knee, keeping knee in a turned-in position. Right foot should touch inside of left knee. ■ Kick right leg slowly back, rotating leg to a turned-out position, inside of thigh parallel to floor. Slowly bring leg back to starting position. Do three sets of fifteen.



STEP 2

NEW PRODUCTS

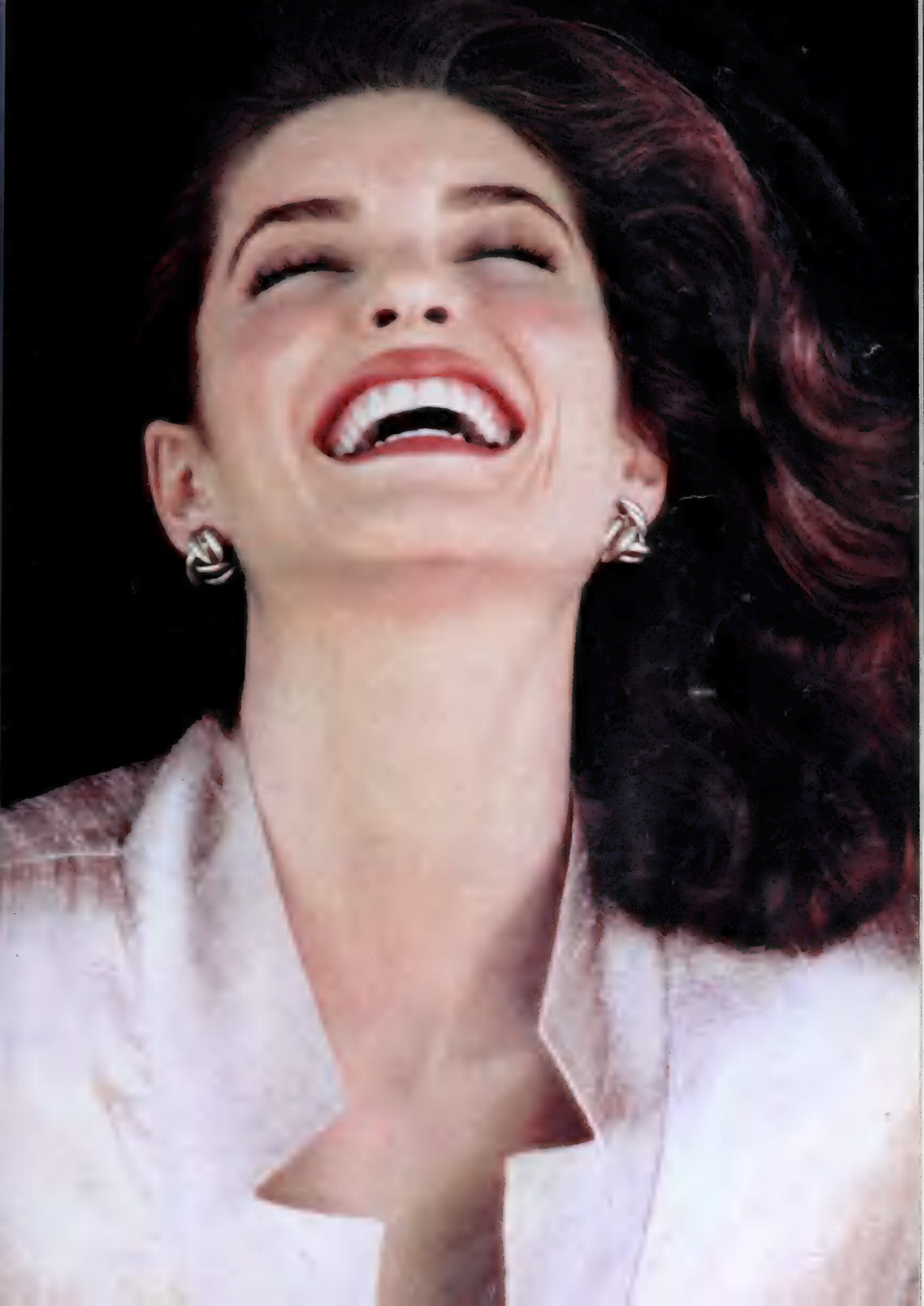
Combat midwinter blues with a few treats ■ Get hair its thickest with Revlon Nutrasôme: Advanced Therapy for Thinning Hair ■ Coty's Stop It! is a super lipliner that keeps lipstick from feathering. ■ Brighten your eyes with Natural Wonders Heartbreakers Shadow and Liner Kit. Choose from four color-coordinated kits ■ If you have gray, graying, blond or frosted hair, try Jhirmack's Silver Shampoo and Silver Conditioner. They're specially formulated to enhance highlights, improve texture and neutralize brassiness and yellowing.


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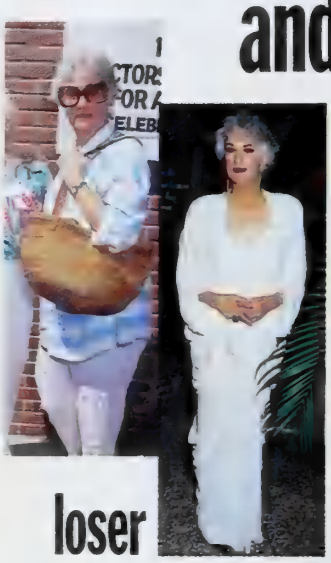


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TV's biggest losers and gainers

Everybody's weight varies, but when a TV actor puts on pounds, it doesn't escape the camera's eye. So the stars depend on stylists for clothes that flaunt sleekness, camouflage flab. Here, their fashion secrets:



loser

BEA ARTHUR

This golden girl has a lot to sparkle about these days. She can toss out her unflattering oversize tunics and pants and slip into body-skimming dresses and pantsuits. According to Judy Evans, designer for *The Golden Girls,* "Bea's very stately and wears clothes so well." Bea still favors layers, not to hide pounds (like in her heavier Maude days) but to show off her ability to wear dramatic fashions.



gainer

DELTA BURKE

This Southern belle revels in body-hugging dresses that make the most of her hourglass curves. Even now that Delta has seemingly gained a bit, she's not giving up her penchant for splashy styles in hot jewel colors. If anything, she goes for even more glamour and glitz, and more revealing down-to-there décolletage!

OPRAH WINFREY



loser

Before Oprah lost sixty-seven pounds she buried her bulk behind skillfully draped silhouettes. Her tricks? Low-cut necklines to slim her face, and oversize shoulder pads to balance hips and derriere. Now Oprah shows off her great shape in skinny skirts, waist-defining belts and even jeans—she celebrated her fabulous new figure on her show by wearing size 10 Calvins!



loser

ANGELA LANSBURY

It didn't take any detective work to see that Cabot Cove's private eye looks super. Angela lost twenty pounds —and her caftans —and now wears body-starring styles. Angela was the toniest at last year's Tony Awards (left) in her Bob Mackie design. (He also creates Cher's fashions!)



loser

CHARLENE TILTON

This *Dallas* regular has caught our eye because she looks so terrific. Charlene never exactly dressed to hide her heftiness—she wore all kinds of form-fitting fashions, from jazzy jeans to sequins. But these days she shines in skinny-but-sophisticated styles. "I feel like a million dollars!" exclaims Charlene. We think she looks it, too.



gainer

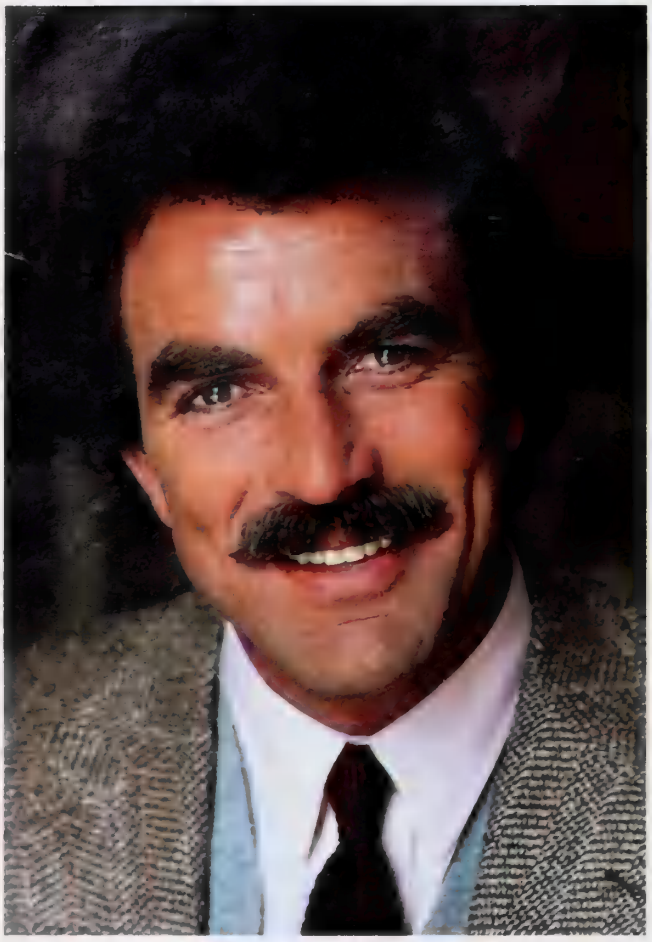
LARRY HAGMAN

J.R., the king of Southfork, looks like he's had a few too many tacos. The once-trim Texan used to dress to impress in dapper three-piece suits and trousers topped with tucked-in shirts that maximized a lean midriff. Larry now seems to be employing all the tricks of camouflage, favoring roomy shirts, darker colors and safari-style suits meant to conceal an expanding waistline.

Details, page 187.


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TOM SELLECK one man and a baby



Following the success of last year's film about fatherhood, the sexy star is enjoying a smashing real-life sequel with his own little one

By Pamela Leigh

It was just the type of Tom-foolery to make Magnum grin.

The birth of Tom Selleck's first baby was Hollywood's most special delivery since the arrival of Cybill Shepherd's twins—but it happened two months ahead of schedule. Little Hannah Margaret Mack Selleck arrived in December instead of February, to the complete surprise of the outwitted press.

That was precisely what her privacy-craving parents had hoped. Tom and his wife, actress/dancer Jillie Mack, had quietly entered a Los Angeles hospital for the caesarean delivery of their eight-pound seven-ounce daughter. Even after the birth was announced, the media were kept in the dark as to the hospital's name and location, permitting the family to celebrate without the click of cameras and reporters' endless questions.

The star of last year's boffo *Three Men and a Baby* is determined that *his* infant will grow up normally and happily outside the spotlights of Tinseltown—and he decided that birth was a good time to begin.

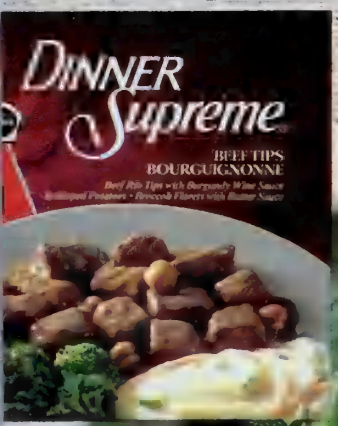
Even the name of the family's new home—Hidden Valley—befits their desire to be left alone. Last fall, when the former *Magnum, P.I.* star and his wife packed up *(continued)*

David James/Sygma

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TOM SELLECK
continued

r Hawaiian shirts and plopped n $5 million for the sixty-acre ch in the San Fernando Valley, were thinking about a secure ha- for the littlest Selleck. Hannah's eck grandparents live nearby, and oes a throng of aunts, uncles and ins.

e new beginnings

re's another new house, too. Short- efore the baby's birth on December the couple bought a second home r to downtown L.A.—a more mod- $2.5 million spread in Mandeville yon—saying they'd split their time een the two places. Certainly could afford it—as one of Holly- d's supernovas, Selleck commanded million for his latest movie, the antic comedy *Her Alibi*.

hy did the forty-four-year-old ac- lecide to become a father now, just n his movie career was finally ming ahead?

wanted kids for a long time," Sel- replies. "But doing *Magnum* made npossible even to consider, based ne way I'd like to raise them. Be- gone so much of the day is not ."

nd so it happened that, not long secretly marrying Mack in Au- 1987 and divorcing *Magnum* after t seasons, Selleck announced that nd Jillie were expecting. Tom ad- the experience of making *Three and a Baby* had a lot to do with rating his latent paternalism. He nead over heels for his two burp- dribbling, diaper-destroying co- (the twin infants who shared the of baby Mary—not Ted Danson Steve Guttenberg).

was never some startling epipha- here one day on the set I suddenly d, 'I want to have children!' " Sel- explains. "But the feeling was al- there, and it just got stronger."

uld it be that Selleck had also be- to hear his own biological clock? aren't supposed to have them, and les, Jillie (the one with the real iological Timex) is only thirty s old. Nonetheless, Tom says be- ortysomething has as much of an t on a man as a woman.

's not exactly the same, since men have kids longer," he explains. I knew that I didn't want to be an man when I was out having fun my kids." Tom could envision elf playing ball with his child, he jokes that he didn't want to be ecrepit to do it.

ou start thinking about all that at forty, when your eyes start going," he continues. "Those things affect you in a lot of ways . . . you think about how you're not getting any younger."

Hannah Selleck is Tom's first biological child, but he already considers himself an experienced father. During his first marriage, to model Jacquelyn Ray, he helped raise her son, Kevin, from the time the boy was a toddler. Now a twenty-year-old college student, Kevin was a frequent visitor on the set of *Her Alibi*.

Selleck expects to be every bit as much a hands-on father this time around. "How will I raise my child?" He pauses and becomes lost in thought for a moment. "Hopefully by example," he answers. "I don't believe in the 'do-as-I-say-but-not-as-I-do' method. I've already raised Kevin, and two of my siblings are several years younger than I am, so I've done a lot of homework in that area."

That Selleck is delighted about being a father is clear. But back when he and Jillie first announced their happy news, the tabloids buzzed with reports that the pregnancy was an attempt to save their failing marriage. One story implied that the couple had been spending so little time together, they were practically separated. Another claimed Selleck had been having an affair with a Honolulu stripper. The star still bristles at these accounts.

"The supermarket tabloids are truly stressful to our relationship—when we see something that's a flat-out, malicious lie," he says angrily. "Though Jillie understands, it's hard for her to take. People say, 'Oh, that goes with the territory,' or 'What does he expect, making all that money?' Nice glib statements, which they *aren't* qualified to make."

Even before his wedding, Tom sounded like a strict constructionist about marital vows. "The only way marriage works is with fidelity," he said. "And while that's not easy, none of the commitments to marriage are. Infidelity is a blow to the trust two people ought to have when they're together, and it can end up destroying that relationship."

Even the *portrayal* of an indiscretion can place a strain on a marriage, as Tom found out while shooting *Her Alibi*. Pregnant Jillie was often present on the Baltimore set of the movie, in which Selleck plays a novelist who has an affair with a mysterious woman, portrayed by the curvaceous supermodel/starlet Paulina Porizkova. Selleck readily admits that his on-screen sexual chemistry with the stunning Paulina would make any real-life wife a bit uncomfortable.

"If you're kissing an *(continued)*





TOM SELLECK
continued

actress in a way that proves to y wife you weren't that involved you're doing it wrong," he says. " lie's also in the business [she's peared on *Hooperman*, *Magnum* and the London production of *Cats*], so understands that a romantic movie quires a certain level of commitm between the man and the woman are in it. But it doesn't make it easier for us when Jillie sees me love scenes and vice versa."

Selleck insists, however, that th marriage can easily weather such p fessional perils. It has already ov come the many months they sp apart at the beginning, when he working on *Magnum* in Hawaii she was concentrating on her caree Los Angeles. "Jillie and I were p pared for that lifestyle," he explain

Looking ahead

Selleck has recently begun work on next film, a drama, *Hard Rain*, which he portrays a prison inm He is also the executive produce *B.L. Stryker*, one of a series of *A Saturday Night Mystery Movies*, s ring his friend Burt Reynolds. L Selleck, Reynolds recently mar his long-time love, actress Loni derson, and they adopted a baby And Selleck's *Three Men* co-star St Guttenberg also settled down, tak Tom's advice and marrying m Denise Drexler.

Tom Selleck—the one-time c firmed bachelor—converting friend the benefits of tying the knot? Ma it shouldn't come as a surprise, gi his basic homebody tendencies. A n who has always shied away from party scene ("my idea of fun is a q dinner with special people and all- war on the volleyball court"), he'd as soon putter around his garde strut around Hollywood.

"Whenever I get full of myself think I'm a star," he says, "I th about the nice elderly couple who proached me with a camera on a st in Honolulu one day. When I struc pose for them, the man said, 'No, we want you to take a picture of *u* Selleck lets out one of his pate *Magnum* chortles. "Things like t are very good for me."

Besides, it's the new star of the f ily who'll now be posing for all pictures—the ones taken by a pr and happy new dad. And things wil very good for him indeed.

For more on the new daddies in Hollyw turn to page 46.

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Hollywood's PROUD NEW PAPAS

Four newlywed stars find that paternity suits them far better than bachelorhood

They're blubbering into their Bellinis at Spago, and keening over their sidecars at the Rainbow Room. The starlets have lost some of their twinkle lately in trendy hangouts from coast to coast, now that so many big bachelors are biting the dust.

In recent months, several of Hollywood's megawatt men-about-town—Tom Selleck, Burt Reynolds, Corbin Bernsen, Bruce Willis and Michael J. Fox—have not only married but become fathers (although not necessarily in that order). Their newfound pleasure in paternity mirrors that of lots of ordinary guys; in this case, Tinseltown may actually be—gasp—late to embrace a trend.

But if La-La-Land's baby boom is late-blooming, it's still spawned a host of settled-down stars:

Burt Reynolds once told Barbara Walters he would be married again by age fifty. He wasn't; instead, it took good-ol'-boy Burt who's made a career of playing wisecracking womanizers two more years to make it down the aisle. Last April, finally exchanged vows with actress Loni Anderson, after six-and-a-half-year courtship. The couple strengthen their commitment last September when they adopted ne born Quinton Anders Reynolds. "We're ecstati says Burt, who named l tle Quinton after the cha acter he played on *Gu smoke*. The kid has blu chip show-biz connection Dad's currently starring the police drama *Physic Evidence*, and his godf ther is Ricardo Montalba Is the little guy bound the big screen, too?



If Bruce is housebroken, thank Demi and their seven-month-old

Like Reynolds, *L.A. Lo* star **Corbin Bernsen** is convincing in his signatu role—slick, lascivious vorce lawyer Arnie Becker—that pe ple often confuse his on- and off-scre lives. But while Bernsen, thirty-fou admits to sharing a few traits with h TV alter ego, he insists that dati lots of ladies isn't one of them. "I enjoy the company of women, and I like to wear nice clothes and drive nice car," says the former model f catalogs and cigarette ads, who sta in the comedy film *Bank Job* later th



No more bright lights in big cities for Michael J. Fox, now that he and wife Tracy Pollan await their first baby this summer

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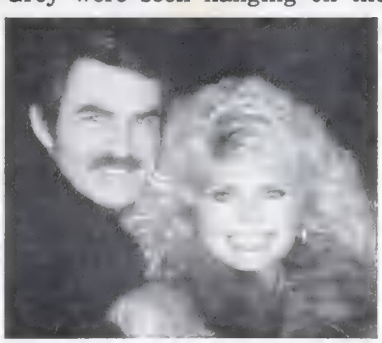
For that one dog. Yours.



ıth. "But I've always been a one-woman guy." His one ıan now is actress Amanda Pays, twenty-nine, who was months pregnant when she and Bernsen married last ember. (Their baby's birth was imminent as *LHJ* went ress.) Maybe Bernsen's newborn will be as precocious Corbin—whose first show-biz break came at the tender of seven months, when he served as a last-minute acement for a baby girl in a soft-drink commercial. ey pulled me in," Bernsen recalls, laughing, "and put a ss on me." He's come a long way since then, and his ent transformation from cad to dad should be by comparison.

obody's gone through a more surprising switch, how- r, than ex–party animal **Bruce Willis**. Two years after ıg arrested for belting a police officer during a loud party is home, the thirty-four-year-old actor seems surprising- lomesticated. He doesn't offer apologies for his past uliness, though: "I had no prepara- for what happened out here," he s of his sudden *Moonlighting* fame subsequent bad-boy reputation. ıen I got hit with that first wave of cess, it was like I was sixteen with lthy parents and I was given my car." The credit for Bruce's house- aking probably goes largely to his e, actress Demi Moore, and to their ghter, Rumer Glenn, born last Au- t. Still, there are speculations of in in the sixteen-month marriage r Bruce's alleged overprotective- s. The once happy-go-lucky Willis is l to have installed a $1 million secu- system in his family's Malibu home, and it has been said that it's a sore spot with Demi. Has Bruce become too much of a die-hard daddy?

Tough-guy Burt has been tamed by Loni and their adopted son, Quinton





Corbin and Amanda didn't hurry to the altar; she was five months pregnant

Michael J. Fox has rarely succeeded at excess like Willis, but he has been known to burn rubber on the Hollywood Freeway in his black Ferrari convertible. Fox was once notorious for the speed with which he seemed to love and leave glamorous women, too. At one time or another, actresses Nancy McKeon, Sarah Jessica Parker and Jennifer Grey were seen hanging on the arm of the diminutive star. All that became history last July with Fox's marriage to actress Tracy Pollan, whom he met on the set of *Family Ties*. The couple now have a new family tie in the works: They're expecting their first child this summer. And even as he contemplates installing a baby seat in his $70,000 Ferrari, the twenty-seven-year-old Fox remains at a loss to explain the secret of his success.

"The roll I've been on, I've started to think, Why me?" he says. "I don't know where it's all coming from, but whoever's behind it, I'd like to give him a bottle of wine."

Or a nice cigar?

—DEAN LAMANNA

PARENTS' JOURNAL

By Mary Mohler and Margery D. Rosen

A GUIDE TO CHILD REARING IN THE EIGHTIES

when you fight in front of the kids



BY NANCY SAMALIN

We've heard it all many times: Parents should never fight in front of the children . . . they should present a united front at all times. But how often is this possible? In real life, that is. Parents are not carbon copies of each other, and disagreements are bound to arise about everything from discipline and table manners to curfews and chores. What's crucial is not whether, but how, you fight. If you handle it right, kids learn an invaluable lesson—that parents can argue and make up, that they can express anger and hurt and still end up with loving feelings. Here, some rules for fighting in front of the kids.

- Avoid name-calling and insults ("How stupid can you be?" "Stop acting like a jerk." "You're crazy.").
- No sarcasm ("Oh, brilliant. I'm married to a genius!").
- Don't lapse into angry silences. Emotional distances are scary for kids and impossible for them to understand. It's much better to go ahead and fight.
- Give your partner a chance to express his point without interruptions or put-downs. If you can't compromise, agree to disagree.
- Don't let the kids divide and conquer. If you do, they'll play one parent off against the other, and everyone will lose. You don't want your kids to become the go-betweens.
- When you're really furious—not just angry or annoyed—take a cooling-off period. Don't rush into saying really hurtful things.
- Don't threaten ("I'm moving out." "Maybe we should get a divorce.").
- Some things should be handled in private. For example, don't fight about disciplinary methods in front of the children.
- Use disagreements as opportunities to show kids how to solve problems. When they observe you resolving fights without blame, you provide them with a powerful example of how to negotiate, compromise and use anger constructively.
- Try to see fights as a chance to work together as a team. After the air has cleared, remember that your spouse is not your worst opponent but your best ally!

Nancy Samalin runs parent guidance workshops and is the author of "Loving Your Child Is Not Enough: Positive Discipline That Works." (Penguin, 1988).

SEND US YOUR TIPS

Got a great idea that makes parenting easier? Send it to us at Parenting Tips, LHJ, 100 Park Avenue, Third Floor, New York, NY 10017. We'll pay $25 for tips we use.

BABY size

The proliferation of infant exercise programs prompts a warning from the American Academy of Pediatrics (AAP): Not only are such programs unnecessary, they can be harmful. "Vigorous or extreme movement, pulling or stretching, especially when you—not the child—are in control, can lead to dislocations, stress fractures, or muscle and ligament tears," notes Michael A. Nelson, M.D., a pediatrician in private practice in Albuquerque, New Mexico, and chairman of the AAP's sports-medicine committee. "But many parents today think that they have to give their kids an edge and that starting early with such programs will enhance a child's physical development. That's just not true." So what does the AAP prescribe: Lots of love, unstructured playtime, and face-to-face contact. "Babies get enough exercise just being babies," adds Nelson.

One mother's STORY

Are they all yours?

By Corrie Lynne Player

If I had a dollar for every time someone asked me, "Are they all yours?" I'd own a castle and a yacht. In this day of smaller families, the sight of my crew—eight children ranging in age from seven to twenty-three—leads to head-shaking or laughter. And plenty of questions. Such as:

How do you feed them all?

I spend more time in grocery stores than I do sleeping. At least two kids go with me to push carts. Recently, the guy in line behind me watched my checkout total flash onto the register and said with awe, "My rent is less than that."

Anyone with one teenage boy to feed understands the quantities I confront now that three of my five sons are in adolescence. When my first son hit puberty, we sold our motor home and insured the refrigerator. When the third boy gained twenty-five pounds in six months and grew out of his shoes for the fourth time, we refinanced the car, sold the boat and bought another refrigerator.



Where do you put them?

That depends. Six years ago, my husband changed jobs, and we moved from Anchorage, *(continued)*

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(continued) Alaska, to Tulsa, Oklahoma. Realtors there proudly showed us the biggest and best in town. But none of them could come up with anything larger than four bedrooms and two baths in our price range. We finally bought a four-unit apartment house and knocked down some walls. Then, when we moved to San Luis Obispo, California, last year, we didn't have the option of buying a four-plex, so we ended up renting two three-bedroom condominiums.



How do you keep from going crazy?
When we vacation, the attention to detail and organization involved take the talents of a head nurse, a tour director and a school principal.

Motels and restaurants cost hundreds of dollars a day, so we don't use them often. We usually run up against numbers restrictions, anyway. I tried to explain to a travel agent that we were one family when I made reservations for ten in Hawaii a few years back. She insisted we rent three condos.

Eight children, to be sure, cost too much, take up too much room and are very noisy. They wear out pants knees before the clothes can be handed down, argue incessantly about whose turn it is to do the dishes, lock themselves into bathrooms and compete for lap space.

But even though we don't fit anywhere, eight children also surprise me with breakfast in bed, do their own washing and ironing, make cookies without being asked. And they bring a lump to my throat when they kneel in family prayer, read one another stories and whisper confidences to a "brother who's my best friend."

Parents of 1.7 children have simpler lives and can concentrate on finding a cure for cancer or wiping out the national deficit. They rarely lose count of who made it in before curfew, who's still out. But I bet I have more fun.

DO YOU KNOW AN ABUSED CHILD?

There is something you can do. Call the National Child Abuse Hotline (800-4-A-CHILD), twenty-four hours a day, seven days a week. Counselors will provide help and referrals to victims of abuse, those who suspect an abuse is ongoing, as well as those who feel they are in danger of hurting a child.



Karla Koonce



Mary Ellen Picone



Estelle Schmones

HOW WOULD YOU HANDLE IT

Your kid's room looks like a tornado just struck. What do you do?

■ **Karla Koonce, 39, pediatric medical assistant, Farmington Hills, MI, three children, 15, 12, 12**
My sons know that once a week they *have* to clean their rooms—and that means changing the linens, vacuuming, dusting, everything. Usually, this gets done on the weekends—and they aren't allowed to go to any of their activities until it is. During the week, rooms can be a total mess. But I keep my mouth shut: This is their space, and as long as they follow the rules, which they always have, I'm happy. I think I'm raising terrific husbands.

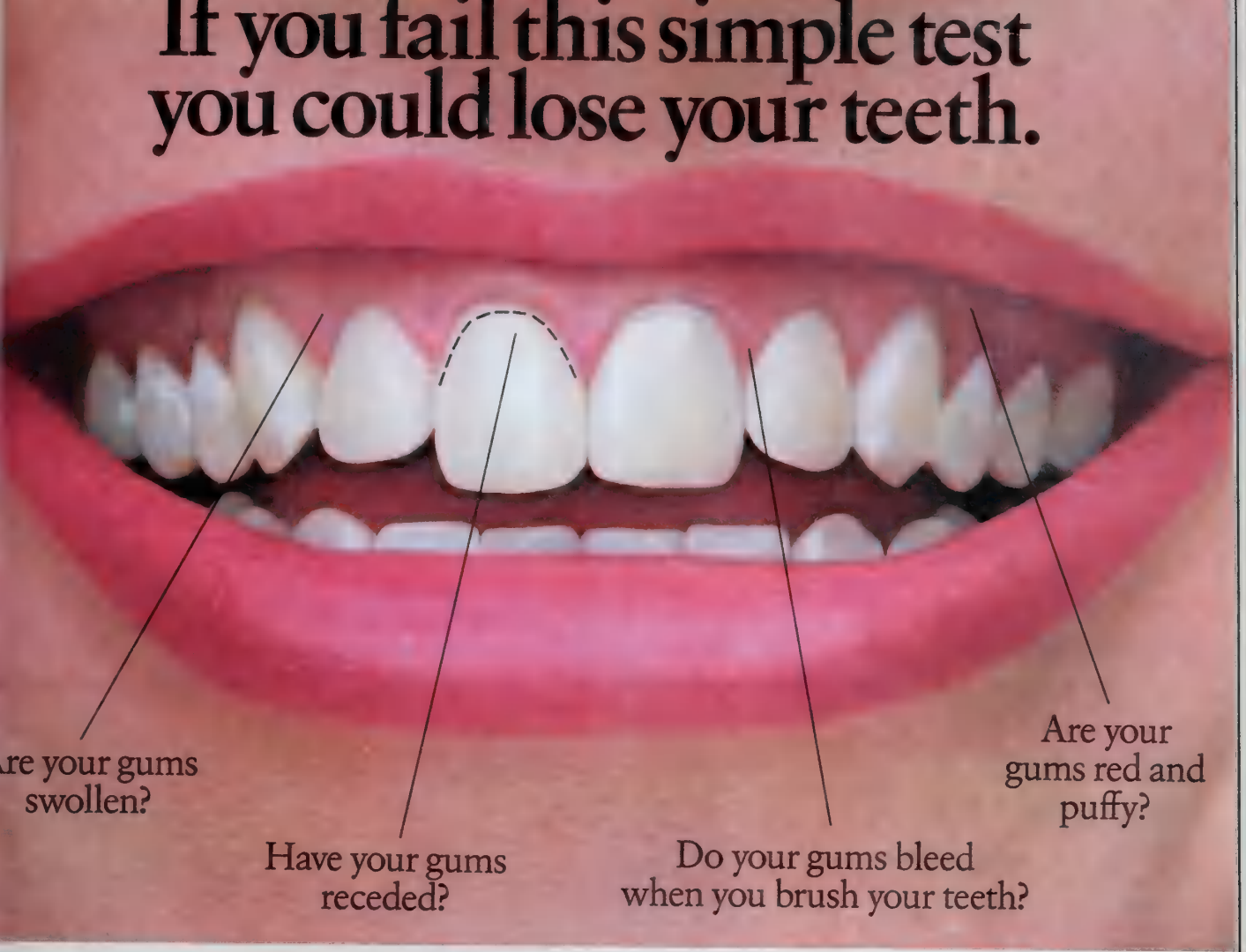
■ **Mary Ellen Picone, 36, paralegal, Flushing, NY, two children, 14 and 11**
Since I work full-time, and the kids have a lot of schoolwork, we save cleanups for weekends. They choose which day and when. One trick I've learned: It's easier to keep the room neat if you have a place for everything. So the Nintendo tapes go in a rack, stuffed animals on the shelves, art supplies in the art-supply basket, shoes on the shoe tree. I'm on my way to buy some more of those plastic bins.

■ **Estelle Schmones, 39, kindergarten teacher, New York City, two children, 7½ and 6**
I like to make a game out of it—setting a timer and seeing if they can clean up before it rings. But you can't always do that. So I try to inspire a sense of cooperation. With two in a room, it helps when each has her own areas—shelves, desks—to be responsible for. Still, you often hear, "But I didn't put that Barbie doll on the floor, so I'm not going to pick it up." Then I say, "I know you didn't, but in a family we help each other, so could you please do it anyway?"

Be part of our panel and share your parenting expertise: Send your name, address, age, phone number and a brief description of your family (number and age of kids) to Parents' Journal, LHJ, 100 Park Avenue, New York, NY 10017. We'll keep the information on file and call a few of you each month with a question.

Photos from top: Benyer Kaufmann/Black Star, Tom Sobolik/Black Star, Tom Sobolik/Black Star; illustration, Stephanie Birdsong

If you fail this simple test you could lose your teeth.



ll of the above are early stages of gum disease. If left untreated, any one of these—bleeding gums, r example—could lead to serious gum disease and entual tooth loss. The cause of all this is something u can't even see. Plaque.

Plaque builds up every day in hidden places between eth and under gums where a toothbrush can't reach. remove that plaque effectively, you need Johnson & hnson Dental Floss.

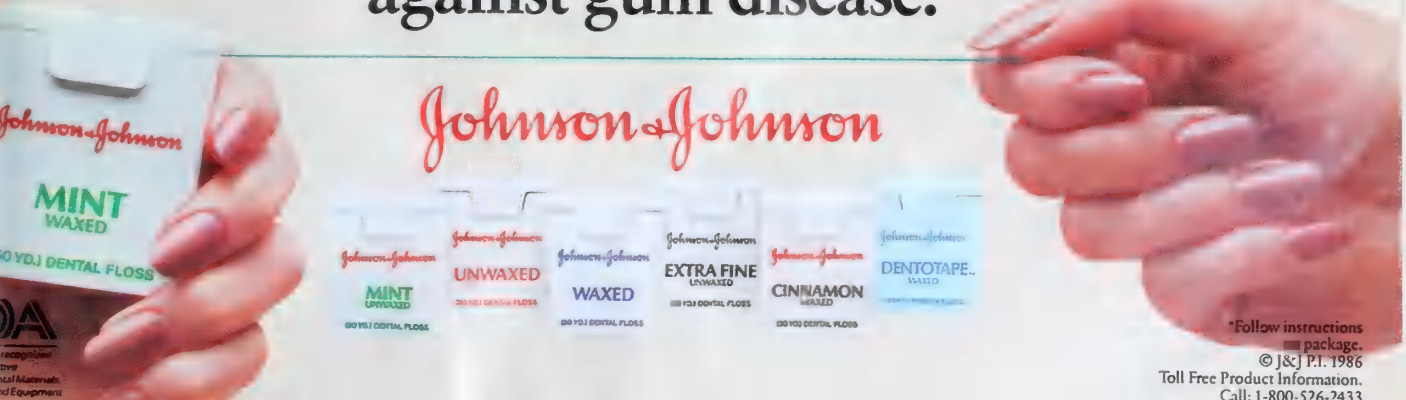
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What's more, clinical studies prove that in just two weeks, Johnson & Johnson Dental Floss can reverse the early stages of gum disease caused by harmful plaque. Floss once each day for 14 days and see the improvement for yourself.*

To make flossing easier, Johnson & Johnson Dental Floss has more widths and flavors than any other brand. Only Johnson & Johnson has the floss that is just right for you.

No wonder more dentists use and recommend Johnson & Johnson Dental Floss.

You need the strongest line of defense against gum disease.



*Follow instructions package.

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a TIGER in your ...Easter basket

Even the littlest hands can make this adorable creature for the holiday

You'll need: a raw egg, construction paper, glue, scissors, black crayon, moving eyes or beads (buy at crafts store), sewing thread

Instructions: Blow insides out of a clean egg. Dye it orange with Easter egg coloring tablets; let dry. Color black stripes with crayon. Cut ears, paws, tail, nose and mouth from construction paper; glue to egg (cut ears and paws with tabs for gluing). Glue on eyes. For whiskers, cut one-inch pieces of thread; add a bit of glue on one end and roll between fingers. Glue to egg. For base: Cut a 3-inch circle from construction paper. Cut a 1½-inch circle from center (looks like a donut). Snip through the ring and bend strip around to form stand as shown. Adjust to fit egg. Snip off excess paper. Glue together and decorate as desired.



Designed by Michelle Dent for PAAS, the Easter egg coloring specialists



Even very young children will be delighted by the colors, images and shapes in a fine-arts museum. But do follow two basic rules: Don't lecture, and keep it short

an art museum... with my kids?

Well, why not? It's the perfect family activity for a winter weekend. And you don't have to be a connoisseur to enjoy

MAKES SENSE TO US

Lending a hand to working parents while at the same time upgrading child care for America's kids is the aim of two pro-family bills pending before Congress. The Parental Leave Act would guarantee parents a period of unpaid, job-protected leave to care for a newborn, newly adopted or seriously ill child. The Act for Better Child Care Services would make child care more available and affordable. These bills came up last year, but they didn't pass. What could tip the balance, say legislators, is support from constituents. If you'd like to see these bills become law, write your representatives. Now.

Art museums are probably the most difficult for parents to approach. It's hard to pay attention to the paintings when you're convinced that at any moment the baby will lob her bottle of apple juice at a priceless abstract. But art educators agree: Don't shortchange kids by keeping them away from art museums, even if they're very young.

Stop and shop Make your first call the museum gift shop and let children choose a few postcard reproductions of the works on display. Then see who can find those works in the museum.

Make it personal As you enjoy the exhibit yourself, talk about the pictures. Comments like "Oh, look! A painting of a baby just like you" or "That house is even bigger than Grandma's" will elicit a response that might surprise you. You needn't be a whiz in art history. Just focus on one aspect of the picture that might interest your child, and try to make it meaningful for her.

Inspire your own Van Gogh Point out similarities between a child's art efforts at home and the pictures in an exhibition. Children will get ideas for their own artwork—making a play-dough sculpture as smooth as the sculpture they saw at the museum, for example.

Have older children sketch an item for a few minutes, then have them turn away and keep on drawing to test powers of observation. With older kids, too, you can explain that artists often arrange people in groups that form triangular shapes, and look for those. Or talk about the concepts of texture and color, the different materials used to achieve various effects.

Know when to quit Don't overdo a good thing. Keep your visit short (under an hour if children are very young), make sure everyone wears comfy shoes, and find out where the bathrooms are *before* you start out!

From DOING CHILDREN'S MUSEUMS: A GUIDE TO 225 HANDS-ON MUSEUMS. Copyright © 1988 by Joanne Cleaver. Published by Williamson Publishing Co., P.O. Box 185, Charlotte, VT 05445, 800-234-8791.

Photo, Bruce Hayes/Photo Researchers; illustration, Linda Eisenberg.

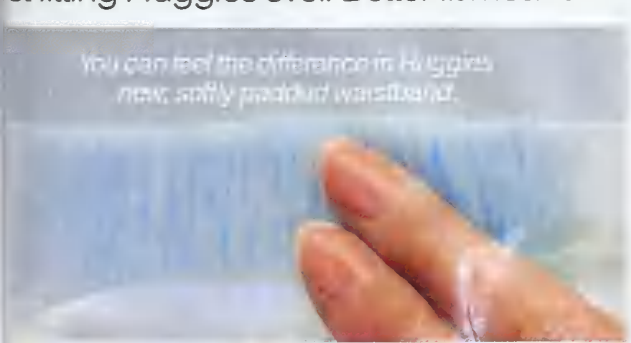
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doctor's Rx

Osteoporosis Are you at risk?

Think a calcium-rich diet means you can stop worrying about bone loss? Here's an expert's rundown on what you really need to know



To guard against osteoporosis, you should make exercise and a healthy diet your top priorities. Also key: Eliminate avoidable risks such as cigarettes, excessive alcohol, coffee and salt

Osteoporosis affects fifteen million to twenty million women in America. It's responsible for 1.2 million bone fractures each year. Yet osteoporosis is a subtle, silent disease—difficult to detect until the most devastating damage has been done. Only then, when it's often too late for preventive measures, are the results of bone loss all too obvious.

There is good news: Most people can protect themselves from osteoporosis. New findings are being made every day about the factors that lead to bone loss. The first step is to evaluate your level of risk. The following questions have been specially formulated to calculate your chances of developing debilitating bone loss. After you've computed your score, whether you find you're in a high-risk category or not, keep reading. Our bone-saving prescriptions are your insurance against osteoporosis.

By Kenneth H. Cooper, M.D.

How tough are your bones?

RISK FACTORS THAT CAN BE CONTROLLED

1. Do you smoke cigarettes?

No (0 risk points)
Yes (4 risk points)
Research has established that cigarette smoking lowers estrogen levels in women, and estrogen has a direct effect on bone formation. Scientists aren't exactly sure how estrogen interacts with the bones, but it's clear this hormone has an important role in preventing osteoporosis.

2. Do you drink alcoholic beverages?

No (0 risk points)
1-2 ounces a day (2 risk points)
3 or more ounces a day (4 risk points)
Alcohol interferes with bone formation.

(continued)

From DR. KENNETH H. COOPER'S PREVENTIVE MEDICINE PROGRAM: PREVENTING OSTEOPOROSIS, © 1989 by Kenneth H. Cooper, M.D. Published by Bantam Books. Reprinted by arrangement with Herbert M. Katz Inc.

Tohru Nakamura

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As a source of calcium, dairy foods are a natural. They keep nutrition pure and simple. Dairy calcium is simple to work into your diet. Some cheese on a salad, a diet plate with cottage cheese, yogurt and berries for dessert. Just 800 milligrams a day is all it takes.

You could get that from four ounces of cheese. Dairy foods are also simply delicious. So start adding more dairy calcium to your life. Suddenly, what's old is nouvelle.

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REAL DAIRY CALCIUM

AIRY CALCIUM. CALCIUM THE WAY NATURE INTENDED.™

3. Do you avoid milk and dairy products?

No (0 risk points)
Yes (3 risk points)
By omitting milk and milk products from your diet, you are missing out on nature's best source of calcium. Young people who don't drink milk will never reach their peak bone mass, and older people will be less able to ward off bone loss in later years. If you're lactose intolerant, be sure to take calcium supplements.

4. How often do you exercise?

Regularly (0 risk points)
Not often (3 risk points)
Most experts believe that regular exercise—especially exercise that causes your body to work against weight resistance or the force of gravity—will help build up your bones.

5. Do you eat a diet excessively high in animal protein such as red meats?

No (0 risk points)
Yes (2 risk points)
There is evidence that anytime the proportion of protein in your diet exceeds 20 percent, too much calcium may be washed out of your system through your urine.

6. Do you add salt to your food?

No (0 risk points)
Yes (3 risk points)
There's more than enough salt contained naturally in our foods. The effect of salt is worse if you're a postmenopausal woman because excessive salt consumption washes out much-needed calcium from the body through urine.

7. Are you a vegetarian, or do you eat a diet heavily weighted toward vegetables?

No (0 risk points)
Yes (2 risk points)
Although eating a lot of vegetables is a good idea for many reasons, research indicates that women who rely too heavily on vegetables in their diet tend to lose excess estrogen through their bowel movements.

8. Is there a high amount of fiber in your diet?

No (0 risk points)
Yes (2 risk points)
Fiber is certainly an important part of your diet, but too much fiber (more than 35 to 60 grams per day) can work against you. It binds calcium, making it unavailable for the body's use.

9. Do you drink three or more cups of coffee, or an equivalent amount of caffeine from other sources such as colas?

No (0 points)
Yes (2 risk points)
Although the caffeine-osteoporosis connection is still being researched, it's thought that caffeine causes calcium loss and bone deterioration.

10. Do you use steroids?

No (0 risk points)
Yes (4 risk points)
Steroids, which are often taken to treat rheumatoid arthritis and asthma, act against osteoblasts, or bone-forming cells. Studies have shown that those who take steroids for three years or longer may have as much as a 70 percent chance of getting osteoporosis. In fact, significant bone loss may occur after only six months on steroids.

RISK FACTORS THAT CAN'T BE CONTROLLED

11. Do you have a family history of osteoporosis or other bone disease?

No (0 risk points)
Yes (4 risk points)
You have an inherited predisposition to osteoporosis if one of your immediate family—grandparents, parents or siblings—has it.

12. Do you have a fair complexion?

No (0 risk points)
Yes (2 risk points)
Darker-skinned people are less likely to get osteoporosis.

13. Are you small boned?

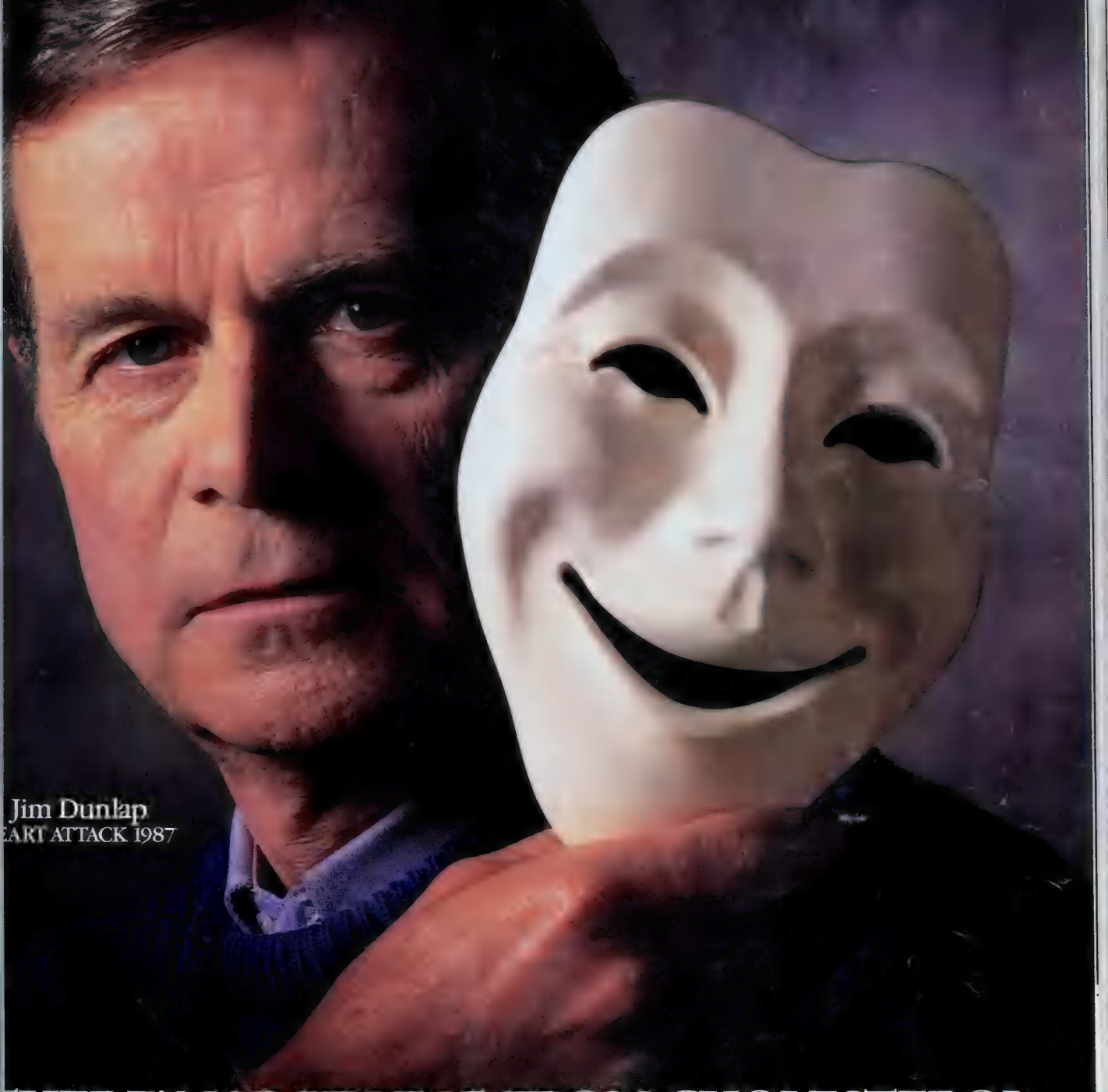
No (0 risk points)
Yes (4 risk points)
Small-boned people simply have less bone. So when the inevitable process of bone loss begins, those with smaller builds will lose a greater percentage.

14. Are you very lean, or do you have a low percentage of body fat (less than 15 percent)?

No (0 risk points)
Yes (4 risk points)
Although leanness lessens your risk for other diseases, the lower your body fat, the less weight you put on your bones—and the less dense they become.

15. Are you over forty?

No (0 risk points)
Yes (2 risk points)
After forty, you've passed your period of peak bone mass. In most cases, your bones have developed as much as they're going to, and from then on, bone loss begins. *(continued)*



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"Clip this great recipe and look for more on the back of every bottle. Turn to Heinz 57 Sauce. It's more than a steak sauce."



■ OSTEOPOROSIS
continued

16. Did you go through early menopau

No (0 risk points)
Yes (3 risk points)
Because estrogen production is stop earlier, calcium absorption diminishes.

EVALUATE YOUR RISK LEVEL

Low risk: 0-4 points
Moderate risk: 5-10 points
High risk: 11 or more points

■ If you're in the low-risk range, don't have to make any radical change your lifestyle.

■ If you're in the moderate-risk ran work on those factors that can be chang like diet and exercise. You may wan talk to your physician about finding sub tutes for drugs (such as steroids) that cause bone loss. If you've been thro menopause, you may elect to be estrogen-replacement therapy.

■ If you're in the high-risk range, imperative that you take steps *immedia* to counteract bone loss. Read on, and the help of your doctor, you can begi formulate a plan to toughen up your bon

Osteoporosis prevention plan

■ ***Diet*** **For full bone protection at all sta of life, you should consume 1,000 to 1, mg of calcium daily. It's best to get calc from your diet—an eight-ounce glass skim milk has about 300 mg. If this is possible, ask your doctor or pharmacis recommend a good calcium supplem Also, don't rely too heavily on animal teins. (For tips on getting the most f the calcium in what you eat, see p 164.)**

■ ***Exercise*** **It's never too late to start re ing the benefits of exercise. One study women ranging in age from sixty-nin ninety-five found that moderate exercise tually increased the density of their bo Schedule some sort of physical activity fo least twenty minutes a day, three to days a week. Consult your physician or exercise program best suited to you. W ing, swimming, bicycling and lifting one three-pound weights are good options.**

Kenneth H. Cooper, M.D., is an acknowle world leader of the health and fitness m ment. Considered the pioneer of aerobics f ing in America, he is also the author of nu ous best-selling books.

Look who's switched to Cheerios.



For oat bran.



It's not really surprising that more adults are switching to Cheerios, considering the fact that Cheerios is made from whole grain oats.

You know what that means. Cheerios has oat bran. So, if you feel oat bran should be part of your healthy diet, start tomorrow with a big bowl of Cheerios.

PET NEWS

By Nina Keilin

KEEPING YOUR CATS AND DOGS HEALTHY AND HAPPY



be a PAL, prevent a litter

Nearly 8 million dogs and cats have to be put to death each year because nobody wants them. You can do your part to control animal overpopulation if you have your pet spayed or neutered, says animal lover Willard Scott, who helped launch the "Prevent A Litter" program of the Humane Society of the United States (HSUS).

Are you thinking of letting your cat have kittens "so the kids can see the miracle of birth"? Maybe your dog had an unplanned litter, but you figure it's okay: You've heard it's healthy for the mother, and besides, those puppies were so cute.

This sort of slipshod, sentimental thinking often leads to tragedy, when millions of unwanted animals must be put to sleep each year because they cannot find homes.

Many pet owners have such mistaken ideas about animal reproduction, says Kate Rindy, a spokesperson for HSUS. For example, having a litter provides no benefit, and it even has a negative consequence. Unspayed female dogs are more likely to get breast cancer. And as for letting your pets have puppies or kittens as a biology lesson for the children, Rindy says, it is simply too cruel a means of instruction. We haven't the right to bring additional animals into the world for this purpose if it means other animals will die.

To help make the public aware of the situation, the Humane Society of the United States has declared April to be Prevent A Litter Month. All month long, shelters around the country will be joining with HSUS to provide information and reduced-cost operations.

For more information, contact your local shelter, or send a stamped, self-addressed envelope to Companion Animal Dept., Box LHJ, The Humane Society of the United States, 2100 L Street, N.W., Washington, DC 20037.

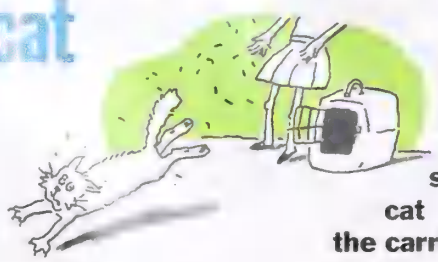
your pet's health

■ **TUNA VS. BEEF** Food can affect a cat's behavior—and maybe its health—reports a group of Cornell University researchers. In a recent study, reported in the *Journal of Toxicology and Environmental Health*, a group of kittens fed an all-tuna diet for six months were less playful and active than another group, which were fed only beef. (Canned cat food was used.) What caused the difference? According to Katherine A. Houpt, V.M.D., Ph.D., one of the researchers, the subdued behavior might be a form of neurological damage due to an excess of mercury in the tuna. Her recommendation: You should probably avoid feeding an all-tuna diet, no matter how much kitty craves it.

■ **BIRD'S-EYE VIEW** The cat who swallows the canary may get quite sick, according to the newsletter *Perspectives on Cats*. Last spring a number of domestic cats in the Northeast contracted a condition known as songbird fever when they preyed on infected birds flying north for the annual migration. Some cats were affected after just being near bird feeding sites. All the cats recovered in a week, but the symptoms were grim: high fever, loss of appetite, lethargy and vomiting. And the disease may strike again this year. Researchers aren't sure what causes the illness, but some believe the infected birds carried a salmonella virus. Prevention: Keep your kitty indoors, and if you have a bird feeder in your yard, disinfect it.

catch a cat

Everyone hates trying to coax a squirming cat into a carrier. The instant the cat realizes you haven't got affection in mind, she'll bolt, but probably not before she's inflicted a few scratches. According to Michael Garvey, D.V.M., of the Animal Medical Center, New York City, you can avoid injury by picking her up by the scruff of the neck, so she can't reach you with her claws. Stephen Cole, D.V.M., of the Cole Animal Clinic, New York City, offers another option. Grab the cat's front paws in one hand and the back paws in the other and, holding the cat upside down, quickly lower her into the carrier. In either case, advises Cole, you must have the carrier at hand, and stand it so the opening is at the top. Slip the cat in and quickly close the latch, then return the carrier to its proper position.



Photo, Peter Garfield; illustration, Stephanie Birdsong

If You Don't Think Your Dog Is Overweight, Try This Simple Test.



Here's The Test.

Take both hands and
them along your
's ribcage. Can
easily feel the
ine of each rib?
you can't,
it or not,
have a pudgy pooch.

Many Dogs Are Overweight. d Many Dog Owners Don't Know It.

pproximately ⅔ of all adult dogs are over-
ght, or more likely to get that way, due to age
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nd it is a problem. Because an overweight
can be a higher risk for heart disease, skeletal
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Purina Fit & Trim

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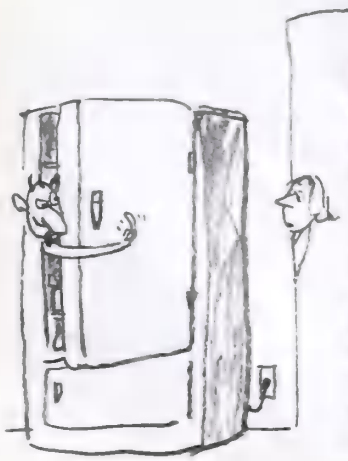
WILLPOWER workout

Even the best of us can't change our behavior without willpower. Here's a proven program to strengthen your resolve

Reprinted from GETTING UNSTUCK: BREAKING THROUGH THE BARRIERS TO CHANGE. Copyright © 1988 by Sidney B. Simon, Ph.D. Published by Warner Books, Inc.

By Sidney B. Simon, Ph.D.

Alone in the apartment while her husband is out of town, Karen settles down to work on a crossword puzzle. Suddenly, she visualizes the carton of rocky road ice cream sitting in the freezer. It is calling her name. "Stop that," she tells herself. "Don't ruin what you've got going." Karen is on a sensible diet and has stopped eating sweets and fatty foods. She is losing weight and has every reason to continue her improved diet and no reason to go back to her former habits. Yet the more Karen tries to resist, the stronger her craving becomes.



The next morning, Karen's neighbor Sarah wakes to her alarm clock at six o'clock. Sarah's bed is warm and cozy. From it she sees a thin layer of ice has formed on the windowpane. According to the radio announcer, it is a chilly 33°F outside. Sarah groans.

Three months ago, Sarah began a program of regular exercise, which includes running two miles every morning. But this particular morning is a cold and dreary one. The sun has not risen yet, and Sarah's bed feels like a warm, comforting cocoon. She is not thrilled with the idea of throwing off her covers, donning layers of clothing, lacing up her running shoes and logging her daily miles. She wants to roll over, yank the blankets over her head and go back to sleep.

Every effort to change leads to a moment of truth, a moment when you act upon your choices or do not act, when you move forward or turn back, when you take a step or postpone. When all is said and done, at a moment of truth, change becomes a matter of will.

Willpower warm-up

Let's compare will to a muscle. Let's also say that you are a runner intent on competing in the next New York City marathon. You do not rush out, register and simply show up the day of the race. Instead, you *practice* running, slowly building your strength, stamina and endurance.

The same holds true for mobilizing your resolve. You do not go straight to the moment of truth and hope for the best—especially if you cannot remember when you last exercised your will. You must nurture *(continued on page 68)*

Bob Weber

Who are the brightest kids in America?



In a recent national survey, moms rated Vivid® higher than Clorox 2® for making clothes look clean. For whitening whites. And for removing stains. In fact, they rated Vivid higher for overall performance.

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WE GROW GREAT TASTE Del Monte QUALITY

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■ WILLPOWER WORKOUT

continued from page 64

and fortify your inner resources through practice, practice, practice.

You can't just *think* about using willpower—you have to actually use it. And you may even have to *create* opportunities to do so. The following willpower boosters can help you learn to recognize the factors that sap your will—and teach you how to fight back.

The workout

1. If you have problems sticking to a diet, go to the grocery store and purchase your favorite food—a pint of ice cream, potato chips, whatever. Bring it home, but do not open or eat any of it for at least forty-eight hours.

2. If you feel you're too much of a gossip, stop the next person who comes to you with a piece of juicy news and tell her you don't want to hear about it for twenty-four hours.

3. If you spend too much, go to a department store and try on clothes until you find something that fits well, looks terrific and that you would really like to buy. Do not buy it that day.

4. If you fear you're becoming a couch potato, spend an evening at home without turning on the TV. If you can get through one evening with watching television, try two days or entire weekend.

5. Everyone should practice deve ing a new behavior pattern. E night before you go to bed, empty the loose change from your pocket handbag into a quart jar. Do this ev night until the jar is full.

The cool-down

After you finish each willpower e cise (and you may have to make se al attempts before you succeed), swer the following questions to m mize the benefits of your workout:

■ How did you feel right before tested your will, while you were ing it, after you passed the test?

■ When, if at all, did it seem like power would elude you? What did do or say to strengthen your will?

■ What discouraging words thoughts tried to sap your will?

■ If you were faced with this tem tion again, what could you do to m it easier to resist?

■ In the same kind of situation, circumstances would test your wi bit more? Next, test yourself u those conditions.

One step at a time

Looking only at the big picture ca frightening and stir up self-doubt. at the thought of all the changing have to do and all the willpower have to have, your confidence wa and your resolve weakens.

Instead, think about the change want to make as a series of small st

1. State your ultimate goal and p in writing. For example, Karen's is "Figure out and stick to a lifel nutrition program that brings m my goal weight, keeps me there helps me to be healthier and l pier in general."

2. Think about all the steps you n take to reach your ultimate go what is the first step you must t the second, the third and so on. W each step on an index card. Ka first step was to eliminate all f containing white sugar. It was a requiring stick-to-itiveness and she would have to make every She phrased her message on the i card like this: "For today I will not anything with white sugar."

3. Put away all index cards except one with your first step on it, and the first-step card with you as a power reminder. If your first step one-time step like "cut up credit ca when you complete the step, "done" across the card and hang i somewhere to remember *(contin*

Liquid Grace

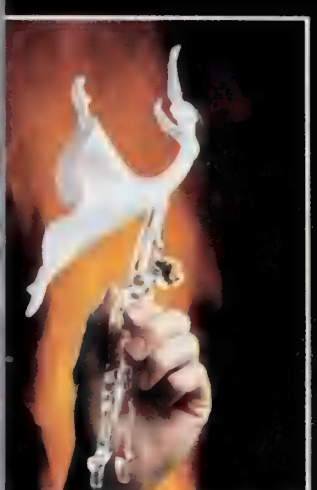
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WILLPOWER WORKOUT
continued

your success. Then, when you are ready for the next step, repeat the process with the card for the next step.

Achievement awards

Exercising your will, gaining control of your life or completing a project is its own reward. So is losing weight, earning a college degree, finishing a writing assignment or running a 10K road race. There's no doubt about the sense of satisfaction and accomplishment you feel when you finally reach your destination. Unfortunately, the promise of future gains and the pleasant feelings produced by achieving a long-term goal are not enough to counter willpower shortages you are experiencing here and now. Sometimes even the pride and confidence boost found in completing a small step toward your goal is not enough either. In those instances, your will must be pushed into action by offering yourself tangible rewards for progress made.

■ *Things you give yourself*—a paperback novel, a pair of shoes, a cassette tape. The item often is something you already plan to get. To strengthen willpower, wait to buy it until you need a willpower reward.

■ *Activities you enjoy*—hot bubble baths, watching an old movie, taking a nap. If your will is weakening, set an achievable goal and offer yourself the activity as a reward.

■ *Words of praise*—encouragement and support delivered by friends, family or colleagues. Go public with your step toward improvement and bask in the verbal stroking.

Temptation alternatives

While rewards can get you to do something you could not find the resolve to do, temptation alternatives stop you from doing something you have an irresistible urge to do, often working where sheer will cannot. By the time you complete your temptation alternative, you may find that the urge to break training has passed.

■ Instead of giving in to temptation, you can make a telephone call, go for a walk, write in your journal, go to the library, visit a friend, clean a closet, sort through old photographs, do a crossword puzzle, watch a movie or play a cassette tape and dance until you drop.

■ The activity you choose must occupy your mind or body sufficiently to distract you from the temptation you want to resist. It doesn't hurt to choose temptation alternatives that take thirty minutes or more to complete.

■ Make a list of temptation alternatives. When you feel your willpower weakening, do something on your list. If the urge persists, try another temptation alternative and another. Eventually, either the urge will leave you or you will get tired of distracting yourself. Your resolve will return when you say, "Enough. This compulsion is ruining my day, and I won't put up with it for one more minute!"

Forgive yourself

The final will booster is forgiveness. Forgiveness prevents a single willpower failure from short-circuiting an entire plan. Grant yourself the right to be human and therefore imperfect. Acknowledge where you went wrong, but also remind yourself of all the right moves you made before. Tell yourself you succeeded before and can succeed again. Instead of taking a long, self-destructive detour back to square one, forgive yourself and get right back on track. ■

Sidney B. Simon, Ph.D., is a professor at the University of Massachusetts and the author of numerous books.













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A living nightmare



Although Ken, Lisa and young Kenny have moved away from the plant that polluted their water supply, they still worry about the long-term effects on their health

For years, the Crawford family's drinking water had been laced with deadly uranium. The government knew about it. The local nuclear plant knew about it. But nobody told the Crawfords

By Barbara Burgower

As soon as they saw the farmhouse, Ken and Lisa Crawford knew it would be the perfect place to live while they built their dream home nearby. Set back from a quiet road near the small town of Fernald, Ohio, the white wood building looked like a house in a Norman Rockwell painting.

"Before that, we had lived in a one-bedroom apartment," Lisa recalls. "But out here, we thought, there would be lots of room, a garden, clean healthy air, clean healthy water."

Across the road from the farmhouse was an innocuous-looking facility called the Feed Materials Production Center, with a cheerful red-and-white checkerboard pattern painted on its two water towers. "I didn't know what they did there," says Lisa, thirty-two. "I thought they had something to do with pet food."

In any case, after they moved into the farmhouse, *(continued)*

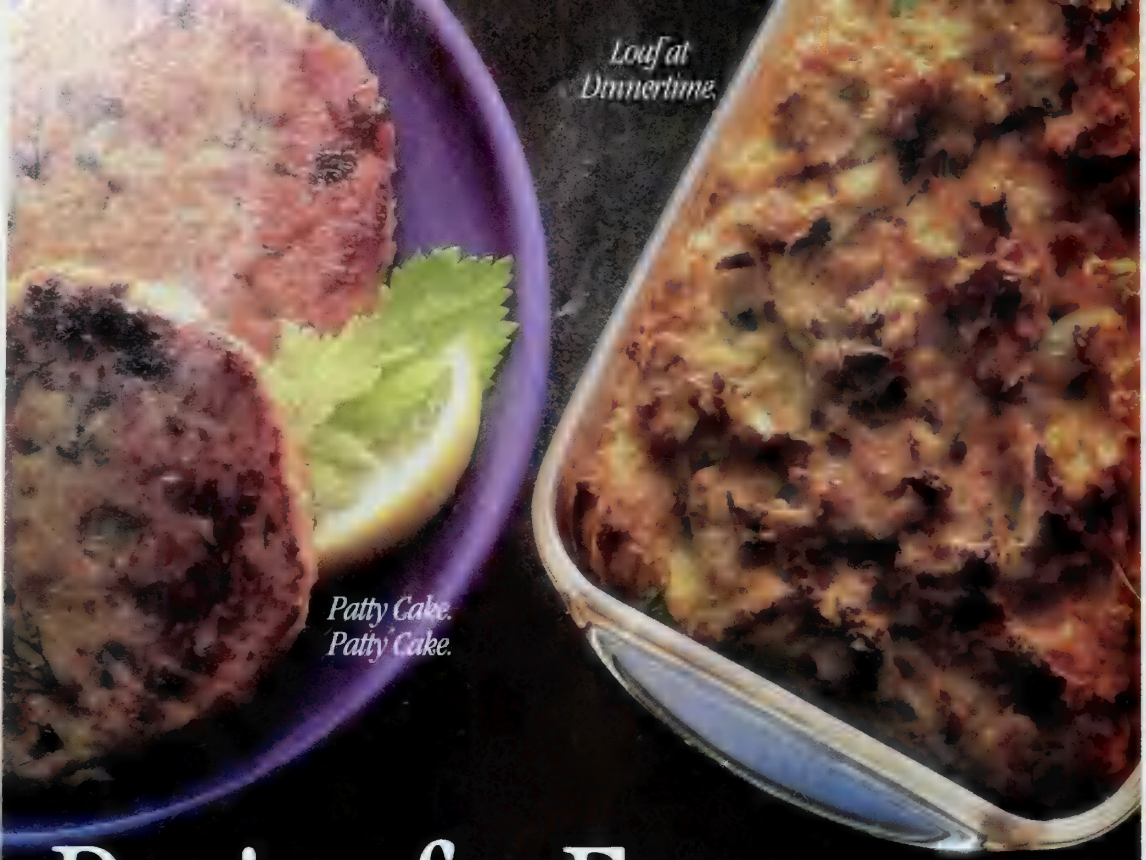
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SALMON PATTIES

1 can (15½ oz.) Alaska salmon
3 slices bread, torn into small piece
⅓ cup finely minced onion
¼ cup milk
2 eggs
2 tablespoons minced parsley
1 tablespoon lemon juice
¼ teaspoon *each* salt and dill weed
Dash pepper
Flour (optional)
2 tablespoons vegetable oil

Drain salmon, reserving 2 tablespo liquid; flake. Combine all ingredien except flour and oil; mix well. Shap 6 patties. Coat with flour, if desired Pan-fry on both sides in oil until go brown. Makes 6 servings.

SALMON LOAF

1 can (15½ oz.) Alaska salmon
3 slices bread, torn into small piece
⅓ cup finely minced onion
¼ cup milk
2 eggs
2 tablespoons minced parsley
1 tablespoon lemon juice
¼ teaspoon *each* salt and dill weed
Dash pepper

Drain salmon, reserving 2 tablespo liquid; flake. Combine all ingredien Place in well-greased 8½x4¼x2½ loaf pan or shape into loaf on greas baking sheet. Bake at 350° F. 45 minutes. Makes 4 to 6 servings.

SALMON WITH FETTUCCIN

1 can (15½ oz.) Alaska salmon
Milk
1½ cups sliced mushrooms
¼ cup finely chopped onion
3 tablespoons butter or margarine
¼ cup flour
¼ cup dry white wine
Grated Parmesan cheese
2 tablespoons minced parsley
⅛ teaspoon *each* dill weed and pep
Salt
12 ounces fettuccine noodles, cooked and drained

Drain salmon, reserving liquid; bre into large chunks. Add milk to reser liquid to measure 1¾ cups. Sauté mushrooms and onion in butter un onion is tender. Add flour; cook and on low heat until blended. Remove heat; add milk mixture and wine. H and stir until mixture comes to a bo simmer 5 minutes. Carefully stir in salmon, ¼ cup Parmesan cheese, parsley, dill and pepper. Season to t with salt. Cook and stir gently 2 mi or until thoroughly heated. Serve o hot fettuccine. Makes about 6 servi

PARTY SALMON PUFFS

1 can (7½ oz.) Alaska salmon
½ cup shredded Cheddar cheese
2 tablespoons *each* chopped ripe ol and green onion
1 package (17¼ oz.) frozen puff pa sheets, thawed
1 egg, beaten

Drain salmon; flake. Combine salm cheese, olives and onion. On lightly floured surface, roll out one sheet p to 12-inch square. Cut into 16 (3-inc squares. Place rounded teaspoonful salmon mixture on half of each squ Fold pastry over and seal with fork. tops with fork; brush with egg. Repe with remaining pastry sheet. Bake a 375° F. 12 to 15 minutes or until go brown. Makes 32 puffs.

A LIVING NIGHTMARE
ontinued

979, she and Ken were too busy to k about the plant. When Lisa n't at her full-time secretarial job nearby psychiatric hospital, she running her household and look- after the couple's baby, Kenny. had a job in the shipping depart- t of the local General Motors plant in his spare time, worked on the house.

most before the Crawfords knew ive years had slipped by happily uneventfully. Then, in late 1984, local TV news reported that the l Materials Production Center had ased a large amount of radioactive into the air and that three local s were contaminated with urani- No specific sites were named, and Crawfords didn't pay too much at- ion to either story, even when a rter rang their doorbell on Christ- Eve and asked Lisa about the t. "I don't know anything about she told him, and went back to ng holiday cookies.

ien, a few weeks later, in January , the couple's landlord called Ken. hose tainted wells you've been ing about—ours is one of them," aid. "I thought you should get it me first."

en, in a state of shock, called Lisa ediately and told her not to drink water. "On the way home from the next day," recalls Ken, forty- "I bought bottled water. We've drinking it ever since."

the enormity of the news sank in, Crawfords realized how extensive- ey had been exposed to uranium. drank from that well," Lisa says ntly, a mixture of fear and anger er voice. "We bathed in it. We ed with it. We washed clothes it. It was the only source of water ur house."

the following days, as the story e in the local newspapers, Lisa Ken read everything they could on it. When they came across the e of a newly organized group, Fer- Residents for Environmental ty and Health (FRESH), Lisa d its founder, Kathy Meyer. ny told her about a town meeting hich the names of the contaminat- ells would be made public, and the vfords decided to go.

bout three hundred people crowded an elementary school auditorium v days later to hear the local con- sman, Thomas Luken, name the s. When he identified them as the ile Chemical well, a Knollman y Farm well and the Delta Steel the crowd sighed in relief. No one



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at Mobile Chemical drank the water, and only a few Delta Steel workers had. The Knollman Dairy Farm well served only two families—one of them the Crawfords. Lisa grew increasingly fearful and angry as she listened to the federal Department of Energy (DOE) statistics on uranium levels in the well that served her home. At the time, the uranium level was more than thirty times the proposed federal safety limit. And though Lisa did not know a great deal about environmental issues, she knew that those abstract numbers could mean cancer or death for herself and her family.

The Crawfords learned something else as well: The Feed Materials Production Center, far from being producers of pet food, was actually a DOE facility that manufactured components for nuclear warheads and uranium rods for nuclear reactors. The radioactive waste, a by-product of the manufacturing process, had leached into the well after being buried in pits near Ken and Lisa's home.

And that was not all. Incredibly, the government appeared to have known for years about the uranium levels in the well—but had kept the information secret from those it affected the most.

"The data had come from a U.S. geological survey that had been done for the years 1981 and 1982," Lisa says. "Somebody should have told us. They made a choice for me and my family that we should have been able to make for ourselves."

A private agony

During the following weeks, the Crawfords' fears grew as they wondered what to do next. Ken lost sixteen pounds in thirty days. "I couldn't eat or sleep," he says. "I couldn't remember driving to work or driving home. To me, it was as if we'd been given a death sentence."

Most worrisome of all were the possible long-term effects of being exposed to so much uranium. Clusters of cancer had begun appearing in the Fernald area in the mid-1960s, and studies conducted at Johns Hopkins University and Howard University found that the death rate from colon cancer in the Cincinnati area is 21 percent higher than the national average; the breast cancer death rate is 31 percent higher. Hamilton County, where Cincinnati and Fernald are located, ranks among the top 2 percent in the U.S. in death rates from liver, lung and bladder cancer. The Crawfords began to notice the headlines about other "time bomb" communities—about the *(continued)*

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A LIVING NIGHTMARE
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oactive wastes from the Hanford lear-weapons plant, in Richland, shington, and the Savannah River plex, in Aiken, South Carolina—in- nts that seemed almost as fright- ıg as the Three Mile Island nuclear dent in 1979. . . .

he couple tried to hide their con- ıs from their son, but seven-year- Kenny sensed his parents' panic, he had nightmares about drinking water and dying. Fearful and con- d, the Crawfords consulted Stanley sley, a lawyer whom Lisa's boss mmended. In January 1985, the wfords became representatives in a) million class-action suit against ional Lead of Ohio (NLO), the t's operator, on behalf of the four- thousand people living within a mile radius of the facility.

egal battle

suit seeks damages for the loss in e of the Fernald residents' proper- nd for the mental anguish they ered. It does not seek damages for th effects, because it is difficult to ect cancer with the levels of radia- to which the Crawfords and the r residents have been exposed. But suit asks that money be set aside any future health problems and the plant, which is still in opera- be shut down.

wanted to shed some light on the lem," Lisa says of the suit. "The artment of Energy and NLO had to xposed. They were wrong to withhold information from us. Deep in my t, I know it's wrong. People have sed me of being money hungry, but money has nothing to do with this."

sa became active in FRESH and nded monthly meetings, communi- atherings and government hear- , while her supportive husband ed home with their son. In Sep- ber 1985, when Kathy Meyer, the der of FRESH, had a baby, Lisa over as the group's spokesperson, ing detailed notes on plant activi- issuing news releases and setting ting agendas. And in January 6, when Westinghouse took over peration of the plant, she and an- r FRESH member began negotiat- for a siren system and an evacua- plan. Such activism wasn't typical isa, but her attitude had been ged by her family's ordeal. "When ething like this happens," she , "you get mad, and then you get ff your duff and do something." year, she flew to Washington to fy before Congress; it was the first time she had traveled on an airplane or outside the Midwest.

Meanwhile, the Crawfords had finished their home and left the farmhouse, three months after they found out about their well. "I felt a little better living in our new home, which is two and a half miles away from the plant," Lisa says. "But if we'd known all that we know now, we'd have never built this house here. Instead of being a dream house, it's just become a nightmare."

Criticism—and support

There were other problems, too. Lisa's activism didn't have the community's unqualified backing. "People would say to us, 'You need to go home and sit down and shut up, because you're just a bunch of stupid housewives who are out raising hell.' They have this misconception that it was our fault that their property values are going down, not the plant's fault. But *we* are the victims here. We are not the ones who caused the problem." Lisa has even been the target of harassment while grocery shopping. While at the supermarket one day with her family, Lisa was followed by a woman who glared at her and told Ken she wanted to spit on Lisa.

But Lisa has many supporters as well. Last July 4, when Cincinnati celebrated its bicentennial, Lisa was voted one of two hundred Greater Cincinnatians. She was presented with a medal in recognition of her outstanding contribution to the Greater Cincinnati community.

Finally, more than three years after the lawsuit was filed, the Crawfords had their first taste of victory. Department of Energy lawyers representing NLO acknowledged in court papers filed late last year that there had been uranium leakages at the plant for far longer than even Lisa had supposed—in fact, since the plant had opened, in 1951. In the years following, more than one hundred tons of uranium had been released into the air, and seventy-four tons had been dumped into a local river. The DOE lawyers also acknowledged that another 337 tons of the deadly material could not be accounted for.

But the stunning admission did not mean an end to the case. The DOE lawyers, in the court papers, also said NLO should not be held responsible for the radioactive leakage, because the company had operated the facility within the safety guidelines of its contract with the DOE.

A betrayal of trust?

Lisa's outrage at the government's position is palpable. "How *(continued)*



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A LIVING NIGHTMARE

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they?" she says heatedly. "They people that for more than thirty they exposed them to radiation contaminated their water and soil and their homes, and there's ng that can be done about it. the government contracted NLO n this facility, there should have some responsibility along with contract. How can we ever trust again? I feel betrayed."

t Lisa does take satisfaction in she and FRESH have accomed. The group convinced Westinge to develop an evacuation plan in f an accident, and to place warngns along a fence where high levf radon, a radioactive element, been found. Signs with informan the levels are now posted there And the residents' plight has ated the attention of Congress and ational media.

October Lisa spoke again before ress, and when she returned , she found reporters at her front She got more than one hundred media calls in three days, and gled to answer each one. "I feel so gly about this," she says, "that I'll o anyone who will listen.

Ve got the word out," Lisa says. le across the country and across orld know what happened in Fer- Ohio. I don't think anyone should to go through the hell the people s community have known. And if I have done here by speaking out elp keep any other community having to go through what we hat will be my reward."

n's pride in his wife is obvious. is the biggest issue in the ," he insists. "And Lisa can't She's come too far."

ncertain future

ordeal has left its mark on the y. "I have low periods when I feel ny world is falling apart," Lisa "Even now, we wonder if we everything." Ken recently lost o because his plant closed, and he suffered from depression. "It's for me to do things now," he acledges.

n's father underwent surgery for cancer, and a niece had a tumor ved when she was eighteen ns old. "We're scared," Lisa ad- Even so, the Crawfords, whose are in the area, do not want to about moving. "That's not to help," Ken says quietly. "If ave cancer, moving's not going p."



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Lisa adds, "It doesn't happen overnight, and they say that if you're exposed to low levels of radiation over a long period of time, it can be even more deadly." She pauses for a moment, thinking of Kenny, now eleven. "They tell us you could be talking fifteen, twenty, twenty-five years for a latency period. We look at our child and think, My God! Down the line, is something going to happen?"

For now, it is a question that no one can answer. ■

Barbara Burgower is the managing editor of Houston Metro *magazine.*

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NINE TO FIVE



Fifty-seven percent of women now have jobs, but how do they really feel about their work? Here, their no-nonsense answers

hy do you work?

ıe majority of working women, mon- the bottom line. Fifty-seven per- —largely women who have young ₹en, blue-collar jobs and salaries of than $15,000 a year—said they because they have to. Twenty-sev- ercent, mainly executive-level ₹n, say they have a job because kes them feel productive. Only cent work to be around peo- ınd a mere 5 percent go to ffice just so they'll have thing to do.

› you work for yourself or for ɔne else?

Eighty-five percent of those polled said they work for someone else; many of these women were under thirty, and a large number are in white-collar jobs. The percent who are their own bosses nost likely to be professionals or sixty, and usually from two-income holds.

w good is your boss?

's bosses aren't slave drivers, but e not considered saints either. For- e percent of the respondents— y blue-collar workers and those forty-five—said that their bosses "okay but nothing special." Forty- ercent—mainly women under thirty rofessionals—said they were learn- lot from their bosses. ercent thought their s

(continued)

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The LHJ
ROPER POLL
of the American woman

(continued) expect too much; only 2 percent said their bosses were incompetent.

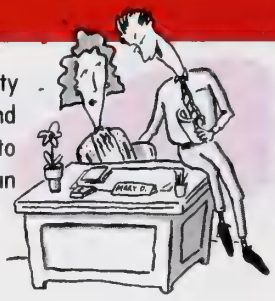


■ Could you do your boss's job?

No, said a surprising 45 percent; women over sixty felt much less confident than any other group. Thirty-four percent thought they could fill the boss's shoes if given the chance (Westerners, black women and executives were most likely to feel this way). Another 15 percent were sure they could do the job—however, they said they wouldn't want to!

■ Have you ever been discriminated against on the job because you're a woman?

Seventy-nine percent said they have never been held back because of their sex. Eighteen percent did feel discriminated against—mainly women who are executives and those between thirty and forty-five. Midwestern and Southern women were more likely to have suffered discrimination than women from the East and West.



"I could help you get ahead, swee

■ Have you ever been sexually harassed at work?

No, said 86 percent. But more than one in ten said they had. High-risk categories included women under forty-five, those earning between $15,000 and $35,000, and those living in the South or West.

■ If you were harassed, what did you do about it?

- Dealt with the harasser myself (61%)
- Complained to the personnel office or other authority (21%)
- Complained to my boss (15%)
- Left the job (14%)
- Ignored it because I didn't want to get in trouble or lose my job (9%)

Answers total more than 100% because some women gave more than one answer.

The LHJ/Roper Poll: How we do it

The poll, conducted by the Roper Orga zation for *LHJ*, is based on home in views with a nationwide cross sectio one thousand women over the age eighteen. The answers are analyzed computer. The result: a revealing port of how women feel about the issues affect their lives the most.

Do you have a question you'd like asked in our ongoing survey of the American woman? Send it on a postcard to: Roper Questions, *LHJ*, 100 Park Avenue, New York, NY 1001

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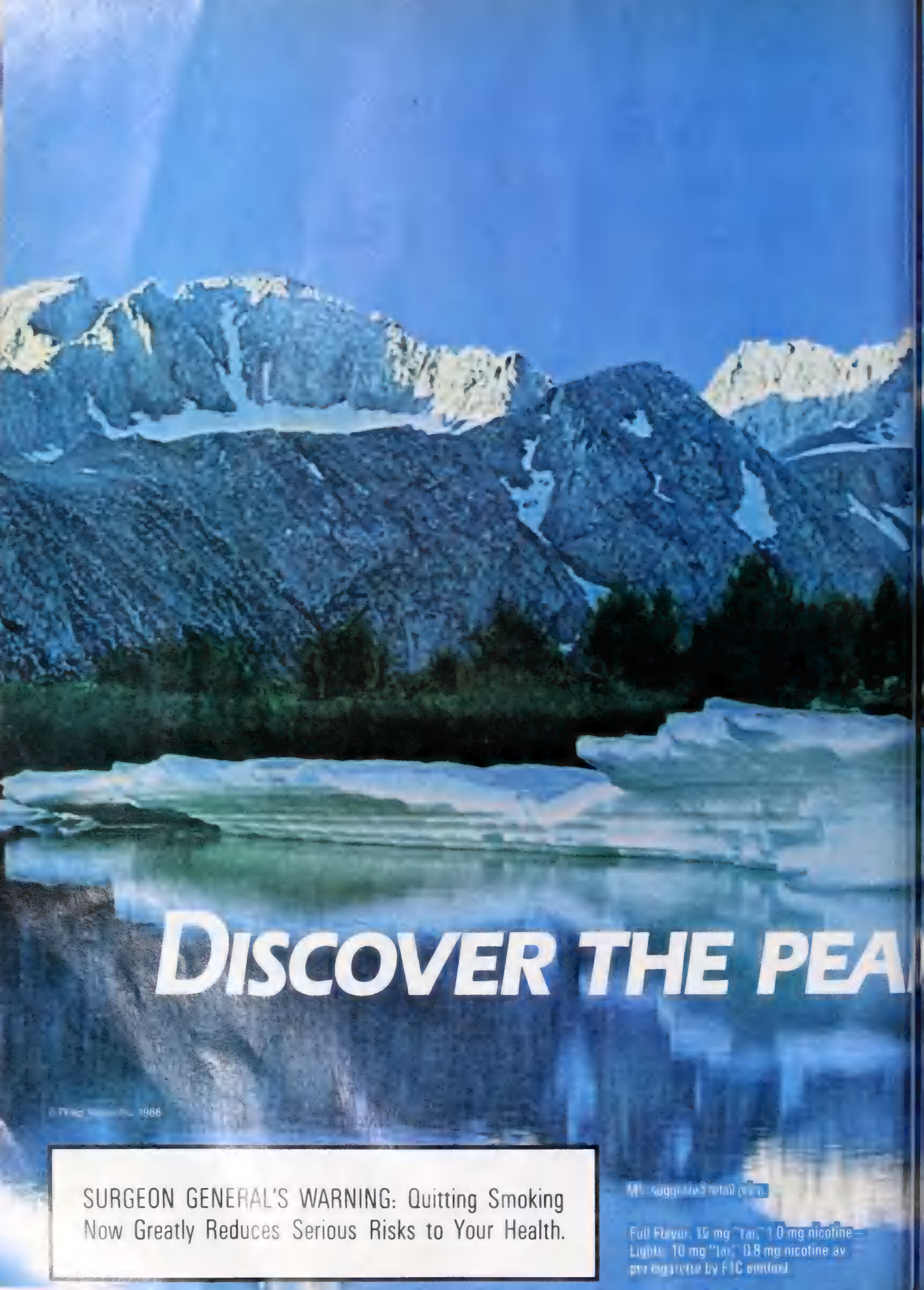


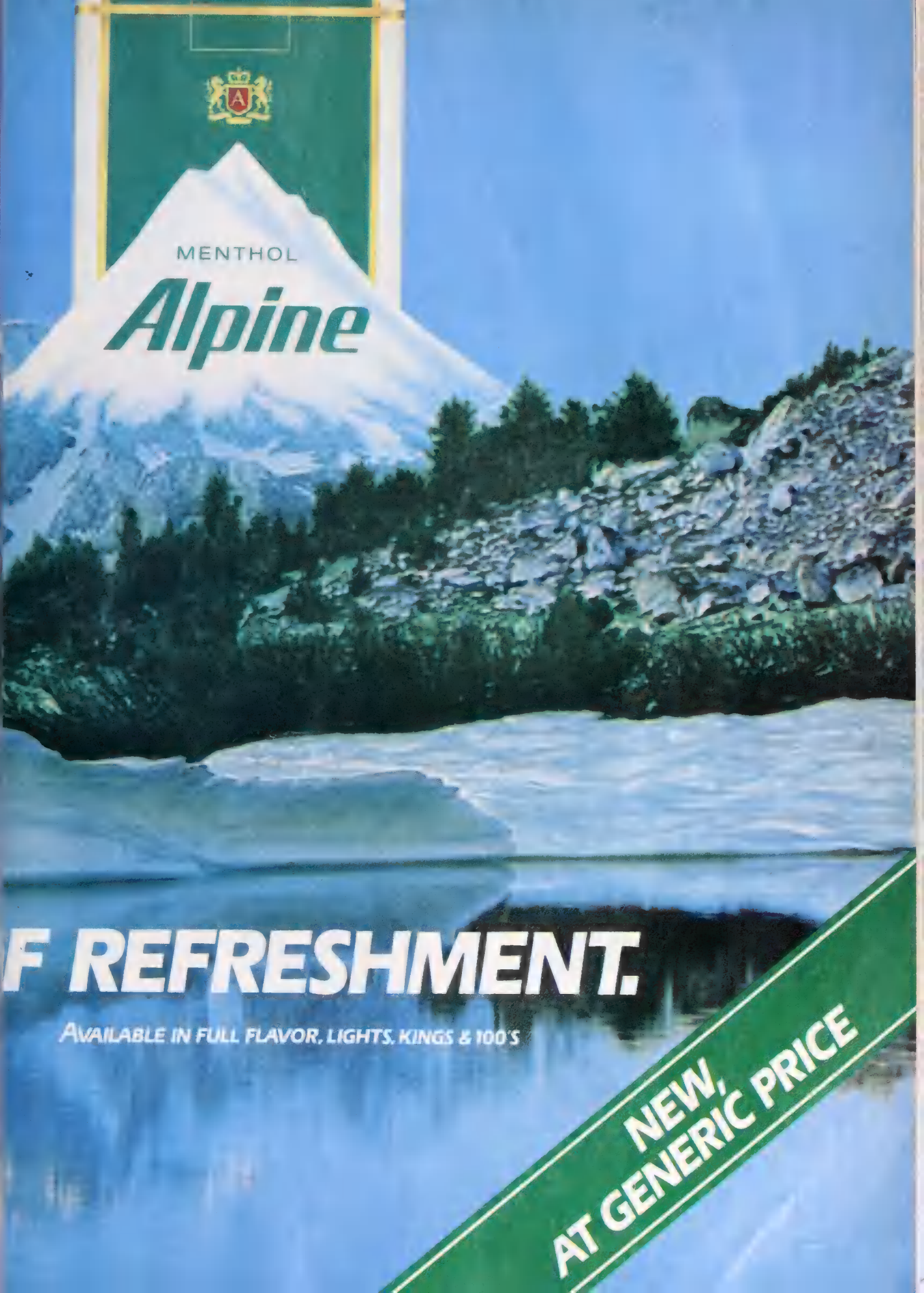
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Love me tender

Could your man send more affection in your direction? Here's how you can help him learn the kind of tender loving care that will make you feel special



When Robert Redford shampooed Meryl Streep's hair in *Out of Africa*, women everywhere sighed. Why, they wondered, couldn't their man ever make such a loving gesture?

By Carol Lynn Mithers

Vicky, a high school guidance counselor from Newport Beach, California, has been married for eight years and wants to make it clear she isn't *complaining* about her husband, Rick. In many ways, he's a good man—dependable, faithful, hard-working. Sexually, he's always been very attentive, and even now that they have two young children, they still make love two or three times a week.

Vicky says she knows that Rick loves her, but he just doesn't show it. Rick never wants to sit and talk or cuddle after the kids have gone to bed; he never holds her hand while they're out walking, puts his arm around her when she looks depressed or offers to rub her back when she's had a hard day. In fact, the only time he demonstrates any affection at all is when they're making love.

"Look, I don't need candlelight and flowers," Vicky says. "I don't need Rick to tell me he loves me all the time. But I love to hug and touch—to me, being affectionate and loving is a way of life, not something you turn on for sex. Why can't he be more tender? Is that too much to ask?"

Vicky is not alone in her yearning for a little more tenderness from the man in her life. When Southern Methodist University professor Michael E. McGill, Ph.D., surveyed 737 men and 646 women across the country for his book, *The McGill Report on Male Intimacy* (Holt, 1985), he found that "with few exceptions, women wanted men to be more expressive of their emotions and feelings, their love."

"It's a ubiquitous complaint that husbands are not as tender as women would like," confirms Bonnie Maslin, Ph.D., a New York City psychotherapist and coauthor of *Not Quite Paradise: Making Marriage Work* (Fawcett, 1988).

What exactly is this tenderness so many women seek? That depends. One woman longs for physical affection, hugging and cuddling; another for sentimental, silly gifts; a third for emotional empathy. Yet despite surface differences, when women talk about tenderness, most are referring to the same thing: love *(continued)*

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(continued) expressed sweetly. . . romance . . . the small touches and gestures through which a man says, "You *matter* to me."

"Most women want to feel desired, but without tenderness, love seems incomplete," says Marilyn J. Mason, Ph.D., training director of the Family Therapy Institute, in St. Paul, Minnesota. Why is that so hard for men to understand?

How men learn to love

"When Russ and I were first married, I'd go out of my way to show him how much I cared," recalls Beth, thirty, a part-time bookkeeper in Portland, Oregon. "I'd buy him a silly present if I knew he was upset—but he never did anything like that for me.

"You know how sometimes, when you're reading in bed, you want to reach out and touch the other person?" she continues. "Well, not Russ; he'd squirm and sometimes even move my hand away. He never touched me except during sex. I thought, What's wrong with me? Maybe he doesn't love me."

Unfortunately, says Michael McGill, reactions like Beth's are all too common. Certainly, wives as well as husbands are sometimes guilty of not treating their mates tenderly. Still, he points out, for most women there is a direct connection between emotion and actions. When a woman feels loving, she acts that way. And when her husband fails to behave similarly, when he seems distant, it's perfectly natural for her to wonder whether he really does love her.

He usually does, but in his *own* way. The vast majority of men fail to give their wives the kind of tender loving care they seek simply because they have no idea what it is, how to do it, or even why it matters.

"Some of men's difficulty expressing tenderness has its beginnings in earliest infant development," suggests Lillian B. Rubin, Ph.D., a psychologist in Berkeley, California, and author of *Intimate Strangers: Men and Women Together* (Harper and Row, 1984). "A baby's first identification and sense of self is connected to its primary caretaker, who is usually the mother," she explains. "Eventually, both male and female children separate from mother to achieve a healthy sense of self. But for a male child, establishing his gender identity requires that he really cut off his initial identification with his mother. What may also get left behind is his identification with those qualities he associates with her, qualities such as nurturing and softness."

Then, too, boys and girls learn very different lessons about love and loving behavior. Girls are taught to be free about expressing emotion and feelings. They learn to nurture and to do caring things, to exchange confidences, secrets and stories. But boys are pushed in a different direction, one in which independence is stressed over interdependence. And touch, the easy physical affection so customary between little girls, is strictly taboo—little boys wrestle and tussle but do not walk arm-in-arm, kiss or fix each other's hair.

"Men are taught to be macho," says Michael McGill, "to always be saying, 'I can handle things myself.' " In such a world, action takes precedence over feeling: "Men are rewarded for how well they think and make decisions," points out Marilyn Mason, "not for how well they feel."

As a result, most men grow up without knowing the kinds of emotional closeness and exuberant displays of love that come so naturally to women. When they want to express their love, they often do so with the kind of practical behavior for which they've always been rewarded.

"A woman will want a tender gesture from her man, and he'll want to give it to her," notes Lillian Rubin, "so he'll go wash her car. And then he can't figure out why she isn't more appreciative."

Of course, for many men, showing love means making love. Only then are they able to touch, to let their guard down and feel intimate. "For these men," says McGill, "sex is the context in which all closeness is expressed." For other men, romantic gestures are simply the means to an end. These fellows may send flowers and dance attendance on a woman they're chasing, but once they've won her, they reason, what's the point?

Does lack of tenderness matter?

Not surprisingly, this inability to express love through tenderness can cause a real rift within a marriage. Indeed, when the bedroom is the only arena for expressing affection—when the wife who longs for a hug, a kiss or a touch finds that those gestures are given only as a prelude to making love—sex itself may become a source of resentment. It's not uncommon for a woman who feels this way to shut herself off from her husband sexually—which in turn leaves him feeling rejected and angry.

"Wayne is very upset about how often I say no to him *(continued)*

TRY A LITTLE TENDERNESS How some men show they care

MARTHA, 42, LOS ANGELES LEGAL SECRETARY

■ **"When my husband and I were first dating, I was going through a terrible time. My mother was dying, my business looked like it was going under . . . I could barely cope. One day, I got really sick. But even though it was pouring rain and Bill had a full day of important appointments, somehow he got everything done and came over to take me to the doctor. He understood how vulnerable I was at the time, how much I needed someone to take care of me."**

EDITH, 58, SAN DIEGO SCHOOLTEACHER

■ **"On our thirtieth anniversary, my husband asked me out on a date! While I was getting ready, he sneaked out of the house. The doorbell rang, and he was standing there as if he'd just come to pick me up, carrying a corsage."**

LEAH, 39, HOMEMAKER IN DALLAS

■ **"The night after my husband left on a long business trip, I went to bed and found he'd left a note saying 'Goodnight Kiss' on my pillow."**

ERICA, 45, TUCSON HOMEMAKER

■ **"My husband baked me a birthday cake—complete with hearts and flowers on top—all by himself."**

CHERYL, 33, DALLAS LAB TECHNICIAN AND NEW MOTHER

■ **"Sometimes when we're watching TV, my husband likes to brush my hair. There's something so soothing about it; it makes me feel protected."**

PAULA, 30, ADMINISTRATIVE ASSISTANT IN ANAHEIM, CALIFORNIA

■ **"It's not very dramatic, but I love it when my husband reaches out to give me a hug or pat when he's walking by. It's as if he loves me so much he just has to touch me."**

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LOVE ME TENDER
continued

in bed," says Shelley, thirty-three, a homemaker from Dallas. "It's not that I don't enjoy sex; I do. But I can't turn my feelings on and off on cue. If Wayne and I are distant throughout the day, things don't just change once we're in bed."

True tenderness, after all, is one of the ways husbands and wives stay close, because it shows intimate knowledge of the person to whom it's given. "I once told my husband how much I used to love it when I was a little girl and my father would bring me home a candy bar from the office newsstand," recalls Linda, forty-one, an interior designer in Los Angeles. "Now he'll occasionally do the same thing, and it touches me. It shows he pays attention to what I tell him. He doesn't bring me flowers, which every woman is supposed to like; he brings something specifically for me."

"I think it's important for women to realize that they are entitled to tenderness from their loved ones," says Marilyn Mason. "And I also think that deep down, most men are really hungry for that kind of emotional connection, too."

Fortunately, experts agree, men can learn to be tender. The first step in the teaching process, whether it is done b wife alone or in the course of marri counseling, is for a woman to sim speak up. It's a common myth that t love means having a partner who simply intuit your needs, but in tr people don't know what we want un we tell them. A wife must make clea her husband just what her needs tenderness are, and why they're so portant to her.

What women can do

To express such feelings successfu though, she has to share somethin herself, not attack her man for be insensitive. "If you say, 'When we fir making love and you turn away rat than hold me, I feel lonely,' you're accusing him, you're revealing so thing about yourself," says Bonnie M lin. "And that can make an enorm impact on how he responds."

"Women can also help men bec more emotionally sensitive by provic a model for them—saying 'Gee, I lonely when you were gone last we or 'Last night, I really missed yo says Marilyn Mason. "You need make a lot of 'I feel' statements."

Expressing happiness or apprecia when a husband *does* act tenderl also useful, says McGill. "It means if he does something sweet for his w he won't get told, 'Well, this is the time you've ever done anything that for me!'

Of course, teaching a man to more tender doesn't mean he'll magically transformed; years of ditioning will not lose their imp overnight. Then, too, a wife who t to teach her husband her emotic language must also try to learn h to appreciate, for instance, that e an act like washing her car may b gesture of love.

Beth and Russ, happily, have fo that new understanding. "Our m riage today is so different from way it used to be," marvels Beth, got her husband to agree to a b stint in counseling. "I love it w Russ and I hold hands, or when puts his arm around me in pu and shows everyone we bel together.

"All these years, I tried to tell self it didn't really matter. 'He' smart guy,' I'd say. 'I can live with that tenderness stuff.' But now t he's started to show me how much cares, I can't help thinking, Sur could live without it. But, my G why would I *want* to?"

A free-lance writer based in Los An les and New York, Carol Lynn Mith is a frequent LHJ *contributor.*

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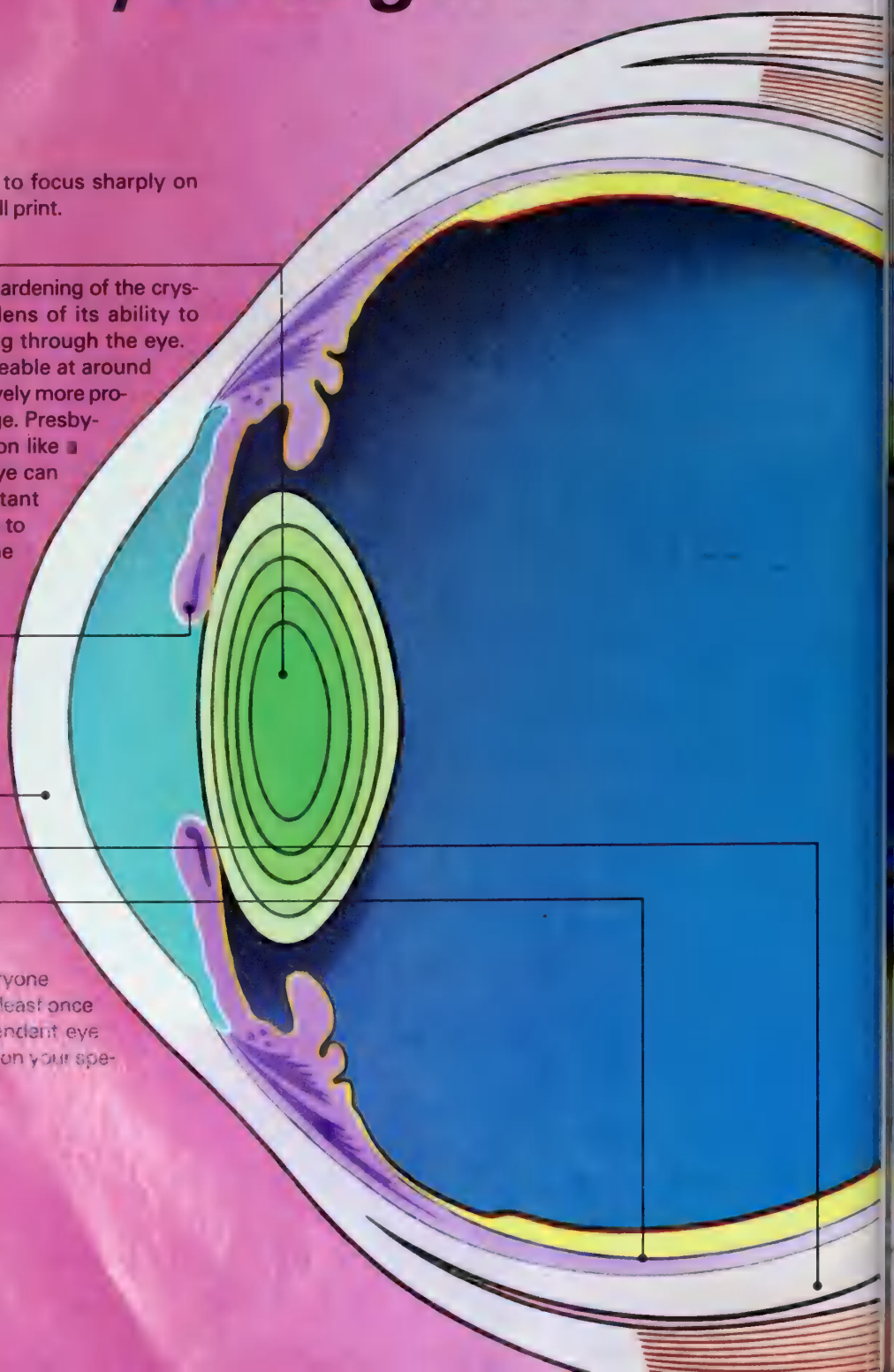
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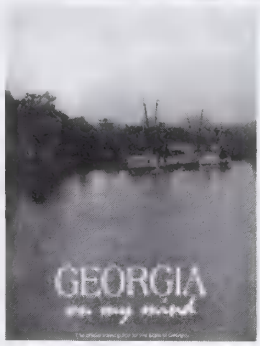


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Produced by Hyla Sabesin Finn
Text by Carolyn Noyes

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how to look good in the rain

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In the meantime, it gives the younger generation something to look forward to.

For more information, write: Oldsmobile Cutlass Supreme Catalog, P.O. Box 14238, Lansing, MI 48901. Better yet, visit your local dealer for a test drive.

The New Generation of OLDSMOBILE™



There was a time when you could spend most of an afternoon just stirring imaginary ingredients in tiny plastic mixing bowls.

Of course, what makes all this possi is Jenn-Air's long-standing commitment quality engineering and design.

The kind of engineering that create our down-draft vent tion syste which ver smoke and odors to the outside without the need for an overhead hood.

When Was The Last Time You Looked Forward To Spending Hours Over A Stove?

Or baking a real chocolate cake in an oven heated solely by a 150-watt light bulb.

That was the true joy of cooking.

And it's a feeling you can have again cooking with the Jenn-Air grill-range.

Because with a Jenn-Air, you can cook what you feel like, when you feel like it.

You can throw a hamburger on the grill without waiting for coals. Or worrying about the weather.

You can snap in a variety of accessories in a matter of moments. Like a wok when you feel like Chinese stir-fry. A Rotiss-Kebab for meats and vegetables on a skewer. Or a griddle when you simply feel like frying an egg or whipping up a batch of pancakes.

And what's more, with a Jenn-Air Selective-Use™ oven, you can switch from radiant to convection cooking. Quite a step up from that 150-watt light bulb.



So before you buy just any grill-ran look carefully at the Jenn-Air, then thin about having fun in the kitchen again.

You remember fun.

It's how you once felt spending hou over a lukewarm stove.

JENN-AI

To find out more, see the Yellow Pages for the Jenn-Air dealer nearest you. Or write Jenn-Air Co., 3035 Shadeland Ave., Indianapolis, IN 46226. © 1989 Jenn-Ai

continued from P.S. 5



THE ESSENTIALS

Be sure you have a large soft tote bag. You'll be carrying it everywhere, so you don't have to keep going back to your room to change. What to pack:

- headbands, a sun hat
- shorts and T-shirts
- jogging suit (get one with zippered pockets for change, your schedule and your watch)
- running shoes, walking shoes, aerobics shoes
- leotards and tights
- support bra
- thick socks
- bathing suit
- heavy sweaters for mountain areas
- hooded nylon rain parka and rubber boots
- reading material

Dress codes for meals vary from spa to spa. At some, a jogging suit is okay in the dining room. Elsewhere, diamonds are de rigueur. Ask before you go.

Choosing a spa

There are basically three kinds of spas, with three different approaches. Choose one according to what you want out of your vacation.

Resort spas: Do your own thing

At a resort spa program you'll join a coed group as one part of a huge hotel complex, with sprawling acres of tennis and racquetball courts, golf courses, running tracks, diet lectures and dancing after dark. All the exercise classes and beauty treatments you want are available. Sometimes there will be a separate dining room for spa guests, which makes it a bit easier to stick to low-calorie meals. A resort spa is ideal for a couple if only one of you is dieting. But if you're short on motivation, a resort spa is not for you. You'll be faced with too many culinary temptations, and the staff is not geared to pushing you through your workouts.



Structured spas: Do it their way

Each structured spa has its particular vision of the road to health and fitness. You're expected to abide by the rules. Beauty treatments might cost extra.

If the discipline sounds too rigorous, remember that there are compensations. You'll get that sense of serene well-being that comes when you know someone is taking care of you. For a week or two, spa personnel schedule your activities and set your goals, giving you a definite means to accomplish them.

Beauty spas: a fairy godmother's magic

Beauty is the be-all and the end-all of the time you spend at one of these women-only spas. Not that facials and massages are the only activities on the agenda. There are plenty of exercise classes, and healthful food is served, in diet portions if you want. But the programs are geared toward slower body toning. Probably not the place to go if your goal is major weight loss, but great for delicious pampering.

Some favorite spas

A roundup of places with varying prices, locations and approaches. Prices change too rapidly to give exact quotes. Ranges are given: moderate—$1,000 to $1,700 per week; expensive—more than $1,700.

Canyon Ranch (structured spa, expensive) 8600 East Rockcliff Road, Tucson, AZ 85715; 800-742-9000. One of the most outstanding fitness programs in the country, with all the pampering spa treatments you could want. You'll be inspired by the majestic setting (each day begins with desert or mountain hikes).



The Cliff Spa at Snowbird (resort spa, moderate) Snowbird, UT 84092; 800-453-3000. The only spa in the continental United States in an alpine setting. The program is pretty unstructured, because it is assumed you will want to take advantage of skiing or mountain hikes. Either way, you'll love the spectacular views.

La Costa (resort spa, expensive) Costa Del Mar Road, Carlsbad, CA 92009; 800-854-5000. Anything goes at this permissive, opulent favorite *(continued)*



Please ask for the special topic information you need:
☐ Traveler's Guide and official highway map. ☐ Outdoor activities.
☐ 300-plus fairs and festivals. ☐ Plantations. ☐ Bed and breakfast.
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Rye-bran 15 calories

Thick 35 calories

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TRAVEL TALK

(continued) of the rich and famous. Neverthel it offers good diet programs (including a 6 calorie-a-day plan if you're up to it). Not place for you if you're weak willed, but go if want the chance to do your leg lifts next to likes of Johnny Carson and Dinah Shore.

Doral Saturnia International Spa Resort sort spa, expensive) 8755 NW 36th Street, Mic FL 33176; 800-331-7768; 800-247-8901 in Fl da. Absolutely luxe, luxe, luxe, this is part of famous Doral Hotel and Country Club, with spa program based on the renowned Terme di Saturnia, in Italy. Great follow-up care, including a toll-free hotline if diet relapse seems imminent.



The Spa at Four Seasons (resort spa, moderate) 4150 North Macarthur Boulevard, Irving, TX 75038; 214-717-0700. A heart-healthy experience, featuring Four Seasons Alternative Cuisine, based on guidelines set by the American Heart Association. A medically sound gram with lots of personal attention.

Golden Door (structured spa, usually wor only, expensive) Escondido, CA 92025; 619-7 5777. The Golden Door has a reputation fo rich celebrity clientele, but once you step in the gates of this tranquil Japanese retreat, ev one is on a first-name basis. From the mom you arrive, when your shoes are removed b caretaker, all your needs are provided for. G en Door has a spa on the *QE2*.

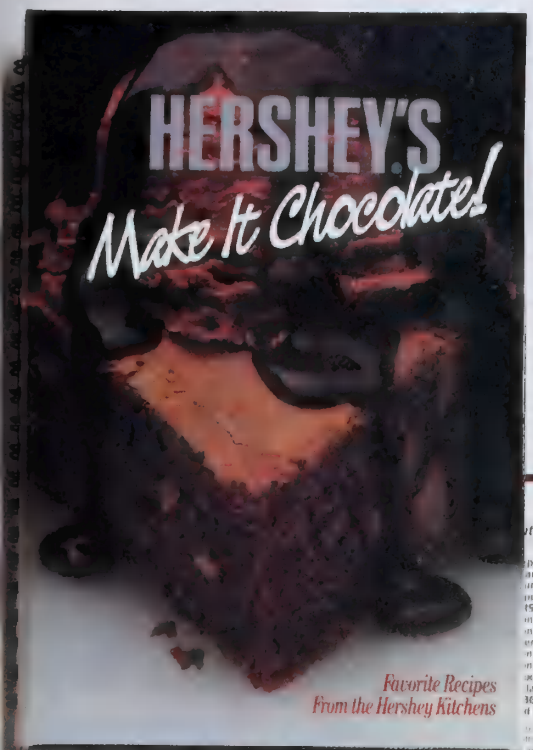
Gurney's Inn (resort spa, moderate) Mont NY 11954; 516-668-2345. At the very tip of L Island, right on the Atlantic, it's the closest to New York City. All rooms offer an ocean v and the chance to be lulled to sleep by the s

Maine Chance (beauty spa, women only, exp sive) 5830 East Jean Avenue, Phoenix AZ 850 602-947-6365. The grandmama of them founded by Elizabeth Arden in the early fortie allow women to become more alluring in privacy of an elegant setting. The luxurious r men features chauffeured airport pickup, bre fast in bed with fine china and crystal, and st of-the-art beauty treatments. This is the only that includes leg waxing in the basic price.

Norwich Inn Spa and Villas (resort spa, exp sive) 607 West Thames Street, Norwich, 06360; 800-892-5692. Here's the place to g you want to stay in a classic country inn beautifully landscaped grounds. Nearby are so of New England's most scenic and historic tow

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PLANTERS® EASTER EGG CAKE

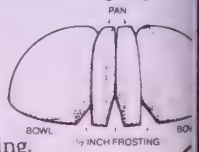
Makes 8 to 10 servings

1 (6-ounce) package PLANTERS® Pecan Halves
1 (18.25-ounce) package yellow cake mix
2 (16-ounce) cans prepared white frosting
Red and green food coloring

Reserve 8 pecan halves for garnish. Chop remaining nu
Reserve ½ cup for garnish.

Prepare cake batter according to package directions; fo
in remaining chopped nuts. Pour 2¾ cups batter int
greased and floured 1½-quart round oven-proof bowl; po
remaining batter into greased and floured 8-inch roun
cake pan. Bake at 350°F. 35 to 40 minutes for cake pan
5 to 10 minutes more for bowl. Cool according to packa
directions.

Slice each cake in half vertically (to make half moons). On serving plate assemble cake as illustrated, securing with frosting.



Frost cake with all but 1 cup frosting. Fill in spaces to create an oval. Use food coloring to tint reserved frosting. Decorate cake with reserved pecans, and tinted frosting.

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I am absolutely sold on your product! I never thought anything would help as much as FIBRE TRIM Sparkling FruitTabs, and be so satisfying, too.

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THANKS FOR A GREAT PRODUCT!!!

A Very Satisfied Customer,

Clarissa Lathan

Clarissa Lathan
Houston, Texas





A Delicious New Way To Help You Lose Weight



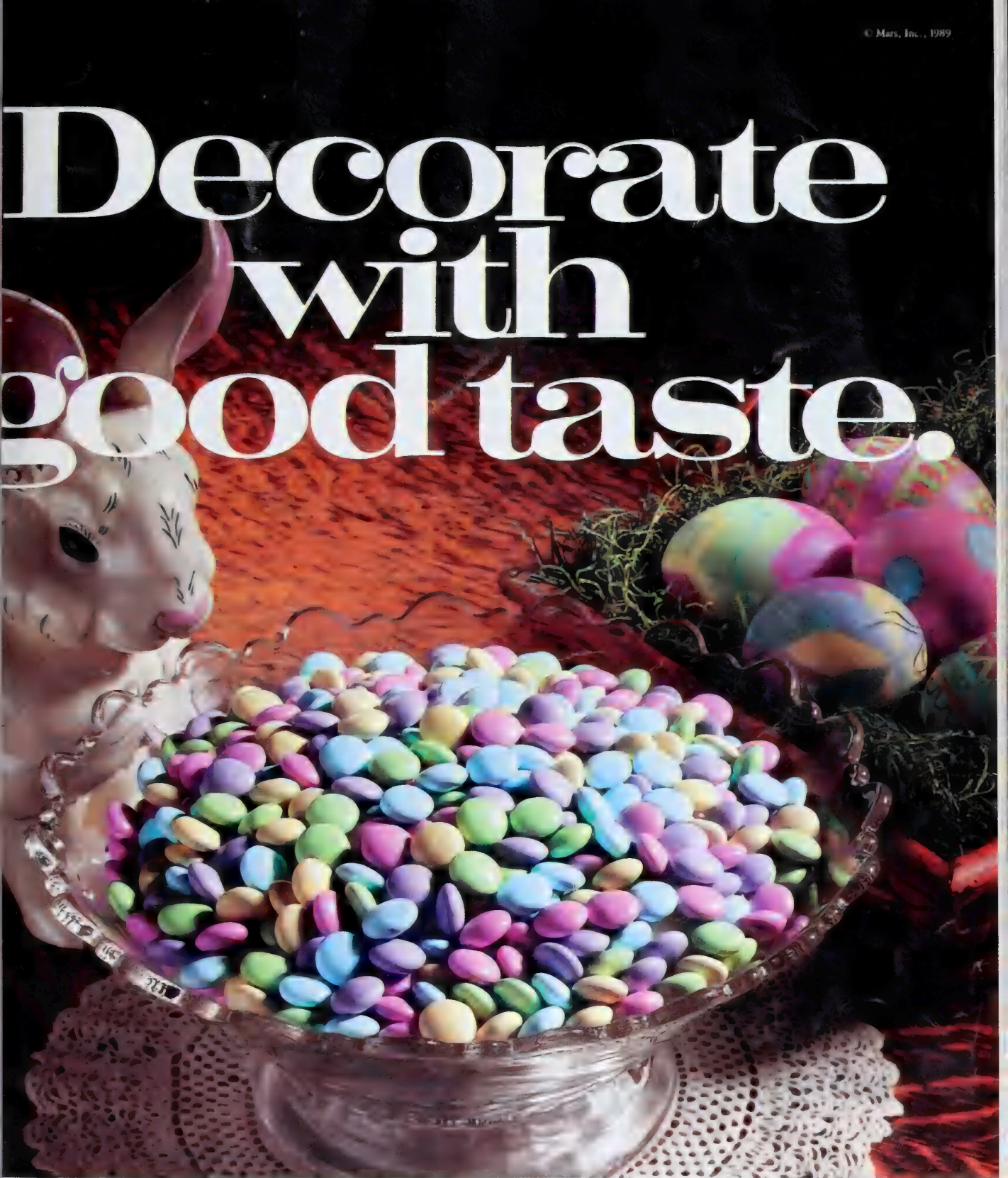
"Thanks for a great product!"

Use Fibre Trim Sparkling FruitTabs in combination with a sensible diet and regular exercise to create your own weight-loss success story.



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Decorate with good taste.



Show off your Easter best with special decorative HOLIDAYS® Chocolates. Pastel-colored candy-coated outsides surround real milk chocolate insides. Makes for a pretty, delicious treat. And they're from the people who make "M&M's"® Chocolate Candies.



Plain, peanut and almond varieties.

MEDINEWS

By Sally Squires

TO HELP YOU AND YOUR FAMILY STAY HEALTHY

food addicts' hotline



Could you just *kill* for a dozen chocolate-covered doughnuts? If so, you might be a food addict. Frank Webbe, Ph.D., dean of psychology at the Florida Institute of Technology (FIT), in Melbourne, says up to 5 percent of Americans may be addicted to food in much the same way alcoholics crave liquor. Most, he says, are hooked on carbohydrates. Like alcoholics, food addicts may experience withdrawal symptoms after giving up their fix.

Now there's help: A hotline operated by FIT offers information and referrals to support groups and agencies across the U.S. Call 800-USA-0088, Monday through Friday 8 A.M. to 8 P.M., and noon to 4 P.M. Saturday and Sunday (EST).

healthy FAMILY TREES

Learning more about Grandma and Aunt Maud may keep you healthy. Researchers at the University of Utah at Salt Lake City and the Baylor College of Medicine at Houston say that charting health family trees to detail your family's medical history can pinpoint who's at higher risk for such serious problems as heart attacks, strokes and cancer. To obtain the forms needed to complete your own health family tree, send a check for five dollars payable to the Cardiovascular Genetics Research Clinic, University of Utah, 410 Chipeta Way, Room 161, Salt Lake City, UT 84108.

NO MORE DRILL & FILL?

DENTISTS HAVE DEVELOPED SOME EXCITING NEW WEAPONS IN THE WAR AGAINST CAVITIES. TWO TO ASK YOUR DENTIST ABOUT:

■ **Xylitol gum** A recent University of Michigan study showed that kids who for two to three years regularly chewed gum containing this natural sweetener developed less-than-average amounts of tooth decay over the next few years.

■ **Plastic sealants** Sealants that protect the biting surfaces of teeth against decay for up to ten years can be painted on in about twenty minutes and cost $40 to $80 for the entire mouth.

stress, separation and sickness

Splitting up with your mate may be hazardous to your health. Recent studies show separated women visit the doctor 30 percent more often than married ones; divorced people of *both* sexes are six times more likely than couples who are together to die of pneumonia.

Janice Kiecolt-Glaser, Ph.D., associate professor of psychiatry at Ohio State University College of Medicine, says the stress of a marital breakup increases production of certain immunity-lowering hormones, making these people more prone to illness.

To reduce stress and boost immunity: ■ eat well-balanced meals ■ get eight hours' sleep each night ■ exercise ■ avoid taking on extra responsibilities ■ postpone major decisions until your life becomes stable again ■ seek support from friends ■ keep a journal to express feelings.

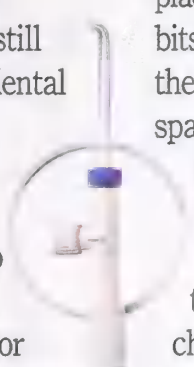
fewer future caesareans

One fourth of all babies are delivered by caesarean, but doctors are now trying to limit this trend. The American College of Obstetricians and Gynecologists (ACOG) has issued guidelines that would make vaginal delivery the method of choice, even for women who've had one or more C-sections. While sometimes needed, C-sections are more likely than vaginal births to cause complications or even death for the mother, says Diana Petitti, M.D., associate professor of medicine at the University of California at San Francisco. And babies born by C-section are at greater risk of respiratory distress and other problems. For information, send a SASE to ACOG Resource Center, 409 12th St. S.W., Washington, DC 20024.

David Gerwey/Stock Shop

What you could miss if you skip this ad.

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Areas that all the brushing and flossing in the world can't reach.

And with cleaner teeth and gums, chances are gum disease won't start. And your teeth will stay right where they are. In your great-looking smile.



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Because brushing and flossing aren't enough.

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fiction



The Joy Luck Club

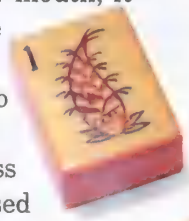
June felt so far removed from her family's roots in China. Now a long-buried secret from her mother's past was about to change her life

By Amy Tan

My father has asked me to be the fourth corner at the Joy Luck Club. I am to replace my mother, whose seat at the mah jong table has been empty since she died two months ago. My father thinks she was killed by her own thoughts.

"She had a new idea inside her head," he said. "But before it could come out of her mouth, it grew too big and burst. It must have been a very bad idea."

Her friends at the Joy Luck Club said she died just like a rabbit: quickly and with unfinished business left behind. My mother was supposed to host the next meeting of the Joy Luck Club.





My mother started the San Francisco version of the Joy Luck Club in 1949, two years before I was born. This was the year my mother and father left China with one stiff leather trunk filled only with fancy silk dresses. There was no time to pack anything else, my mother had explained to my father after they boarded the boat. Still his hands swam frantically between the slippery silks, looking for his cotton shirts and wool pants.

When they arrived in San Francisco, my father made her *(continued)*

From the forthcoming book THE JOY LUCK CLUB, by Amy Tan, to be published by G. P. Putnam's Sons. Copyright © 1989 by Amy Tan.

BOB VOGHEL

Why my parents need Surf!



Chris Stock, Pueblo, Col.



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Surf® removes dirt and odors.

s your family need Surf? Send your drawing to Surf Kids, P.O. Box 7570, Westbury, N.Y. 11592.

THE JOY LUCK CLUB
continued

hide those shiny clothes. She wore the same brown-checked dress until the Refugee Welcome Society gave her two hand-me-down dresses, both too large, in sizes for American women. The society was composed of a group of white-haired American missionary ladies from the First Chinese Baptist Church, and through the church they met the Hsus, the Jongs and the St. Clairs. My mother could sense that the women of these families had also left unspeakable tragedies behind in China and hopes they couldn't begin to express in their fragile English. Or at least my mother recognized the numbness in these women's faces. And she saw how quickly their eyes moved when she told them her idea for the Joy Luck Club.

Joy Luck was an idea my mother remembered from the days of her first marriage in Kweilin, before the Japanese came. That's why I think of Joy Luck as her Kweilin story. It was the story she would always tell me when she was bored, when there was nothing to do, when every bowl had been washed and the Formica table wiped down twice. Over the years, she told me the same story, which grew darker, casting long shadows into her life, and eventually into mine.

"I dreamed about Kweilin before I ever saw it," my mother began, speaking Chinese. "The man who was my husband brought me and our two babies to Kweilin because he thought we would be safe. He was an officer with the Kuomintang, and after he put us down in a small room in a two-story house, he went off to Chungking.

"We knew the Japanese were winning, even when the newspapers said they were not. Every day, every hour, thousands of people poured into the city, crowding the sidewalks, looking for places to live. Rich and poor, Shanghainese, Cantonese, northerners, and not just Chinese, but foreigners and missionaries of every religion —a city of leftovers mixed together.

"Every day I sat in the dark corners of my house with a baby under each arm, waiting with nervous feet. When the sirens cried out to warn us of bombers, my neighbors and I ran into the street. Imagine how it is, to want to be neither inside nor outside, to want to be nowhere and disappear.

"I thought up Joy Luck on a summer night that was so hot even the moths fainted to the ground. My idea was to have a gathering of four women, one for each corner of the mah jong table. I knew which women I wanted to ask. They were all young like me, with wishful faces.

"Each week one of us would host a party to raise money and to raise our spirits. The hostess had to serve special food to bring good fortune. We didn't notice that the dumplings were stuffed mostly with stringy squash and that the oranges were spotted with wormy holes. We ate sparingly, not as if we didn't have enough, but to protest how we could not eat another bite, we had already bloated ourselves from earlier in the day. We knew we had luxuries few people could afford.

"After filling our stomachs, we would fill a bowl with money and put it where everyone could see. Then we would sit at the mah jong table. My table was from my family and was of a fragrant red wood, not what you call rosewood, but *hong mu*, which is so fine there's no English word for it.

"Once we started to play, nobody could speak, except to say *'Pung!'* or *'Chr!'* when taking a tile. We had to play with seriousness and think of nothing but adding to our happiness through winning. After sixteen rounds, we feasted again, this time to celebrate our good fortune. And then we talked until the morning, saying stories about good times in the past and good times yet to come.

"People thought we were wrong to serve banquets while others were starving, eating rats, and later, the garbage that the poorest rats fed on. How could we laugh, they asked.

"It's not that we had no heart or eyes for pain. We were all afraid. We had our miseries. But to despair was to wish back for something already lost. Or to prolong what was already unbearable. How much can you wish for a favorite coat in the closet of a house that burned down with your mother and father inside it? What was worse, we asked ourselves, to sit and wait for our own deaths with proper somber faces? Or to choose our own happiness?

"So we held parties and pretended each week was the new year. Each week, we could hope to be lucky. That was our only joy—and how we came to call our parties Joy Luck."

I never thought my mother's Kweilin story was anything but a Chinese fairy tale.

But one evening, when I was sulking because she had refused to buy me a transistor radio, she said, "Why do you think you are missing something you never had?" And then she told me the rest of the story.

"An army officer came to my house early one morning and told me to go quickly to my husband in Chungking. I knew he was telling me *(continued)*

Take the National Vitamin Gap Test

1. Do you: Drink 3 glasses of low-fat milk every day?
YES ☐ NO ☐

2. Do you: Eat high fiber cereal or whole wheat bread every day?
YES ☐ NO ☐

3. Do you: Eat fish at least twice a week?
YES ☐ NO ☐

4. Do you: Eat 4 servings of green/yellow/red vegetables per day?
YES ☐ NO ☐

5. Do you: Eat 2 servings of fruit per day?
YES ☐ NO ☐

6. Do you: Limit fats, sweets and alcohol?
YES ☐ NO ☐

7. Do you: Maintain desirable weight without periodic "dieting"?
YES ☐ NO ☐

If you answered "No" to a of these questions, you ma have one of these gaps:

Vitamin A
Vitamin C
B Vitamins
Vitamin E
Beta Carotene
Selenium
Iron
Zinc
Calcium
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COUNCIL FOR RESPONSIBLE NUTRITION

Vitamins fill the gap.



Elizabeth Richardson
Model/High Jumper

So I have a vitamin gap, big deal."

I used to take vitamins. But then I got too busy. ork long hours and—sure, I skip meals some es."

Elizabeth Richardson is part of an alarming sta- c. 97% of Americans don't eat a balanced diet. l the problem starts right with breakfast, or re accurately without it. It's the meal we skip st often.

and dieters are even more at risk.

Cutting out meals, even whole categories of d.

But even eating three meals a day is no guaran- your body is getting all the vitamins and min- ls it needs.

Problems like physical stress and illness rob of vitamins and minerals. So do smoking and nking. And, birth control pills, pregnancy and ation also increase nutritional needs.

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Council For Responsible Nutrition. An association of the nutritional supplement industry



I found it at Home.

"As a nurse, I deal with medical issues every day. But on *Home* I found health tips even I didn't know about. Keep up the good work *Home*!" — Lynn Donahue, RN, Modesto, CA

HOME Weekday mornings
The show that brings out the best in you. abc

When I arrive at the Hsus' house, where the Joy Club is meeting tonight, everybody's already seven family friends in their sixties and seve whom I still call Auntie and Uncle. They pat my che a child still at thirty-six.

I'm shaking, trying to hold something inside. Th time I saw them, at the funeral, I had broken dow cried big gulping sobs. They must wonder now how one like me can take my mother's place. A friend told me my mother and I were alike, we had the wispy hand gestures, the same girlish laugh and ways look. When I shyly told my mother this, she se insulted and said, "You don't even know little perce me! How can you be me?" She's right. How can I b mother at Joy Luck?

I have not been to the Hsus' house in many years the living room is exactly as I remember it. The turquoise couch shaped in a semicircle of nubby t The colonial end tables of heavy maple. A lamp of cracked porcelain. Only the scroll-length calendar, from the Bank of Canton, changes every year.

Uncle George puts on his bifocals and starts rea the minutes. "Our capital account is $24,825, a $6,206 a couple, $3,103 per person. We sold Subaru loss at six and three-quarters. We bought a hur shares of Smith International at seven. Thanks to I and Tin Jong for the goodies. The red bean soup delicious. Respectfully submitted, George Hsu, pres and secretary."

That's it. I keep thinking the others will start tal about my mother, her wonderful friendship they sh why I am here in her spirit, to be the fourth corne carry on the idea my mother had on a hot day in Kw But everybody just nods to approve the minute

THE JOY LUCK CLUB
continued

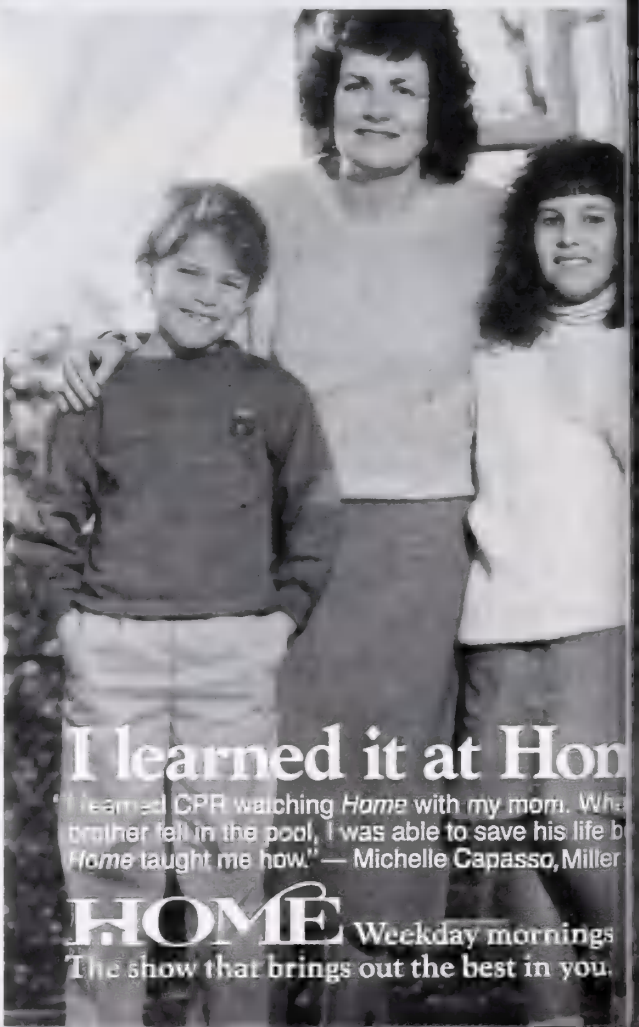
to run away. I knew what happened to officers and their families when the Japanese arrived. How could I go? There were no trains leaving Kweilin.

"I packed my things and my babies into a wheelbarrow and began pushing to Chungking four days before the Japanese marched into Kweilin. On the road I heard news of the slaughter from people running past me. It was terrible. The streets were strewn with newspapers reporting great Kuomintang victories, and on top of these papers, like fresh fish from a butcher, lay rows of people—men, women and children who had never lost hope but had lost their lives instead. I pushed toward Chungking, until my wheel broke. I abandoned my beautiful table of *hong mu*. By then I didn't have enough feeling left in my body to cry. I tied scarves into slings and put a baby on each shoulder. I carried a bag in each hand, one with clothes, the other with food. When my hands began to bleed and became too slippery to hold anything, I finally dropped one bag and then the second.

"Others had done the same, gradually given up hope. It was like a pathway inlaid with treasures that grew in value along the way. When I arrived in Chungking, I had lost everything except for three fancy silk dresses, which I wore one on top of the other."

"What do you mean by 'everything'?" I gasped at the end. I was stunned to realize the story was true. "What happened to the babies?"

She didn't even pause to think. She simply said in a way that made it clear there was no more to the story: "Your father is not my first husband. You are not those babies."



I learned it at Hon

"I learned CPR watching *Home* with my mom. Wh brother fell in the pool, I was able to save his life b *Home* taught me how." — Michelle Capasso, Miller

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"That's the trouble," my mother said. "You never rise. Lazy to get up. Lazy to rise to expectations."

"Time to eat," Auntie An-mei happily announces, bringing out a steaming pot of wonton. Piles of food are served buffet style, like the Kweilin feasts.

Eating is not a gracious event here. It's as though everybody had been starving. They are not like the ladies of Kweilin, who I always imagined savored their food with a certain detached delicacy.

And then, almost as quickly as they started, the men get up and leave the table. As if on cue, the women peck at the last morsels and carry the dishes to the kitchen. We move toward the back of the apartment, passing the room that the four Hsu sons used to share. The uncles are already at the card table. Uncle George is dealing.

Then we get to the room once shared by the three Hsu girls, my childhood friends. Now they've all grown and married, and I'm here to play in their room again.

Nobody says, "Sit here, this is where your mother used to sit." But I can tell even before everyone sits down. The chair closest to the door has an emptiness to it. The feeling doesn't really have to do with the chair. It's her place. No one has to tell me, I know her corner on the table was the East.

The East is where things begin, my mother once told me, where the sun rises, where the wind comes from.

Auntie An-mei spills the tiles onto the green felt tabletop and then says to me, "Now we wash tiles." We swirl them with our hands in a circular motion. They make a cool swishing sound as they bump into one another.

We begin to play, casting and picking up tiles at an easy, comfortable pace. The Joy Luck aunties begin to make small talk, not really listening to each other. They speak in their special language, half *(continued)*

ns to me my mother's life has been shelved for new
ness.

untie An-mei heaves herself up and moves slowly to
kitchen. I follow her to ask why the Joy Luck Club
ted investing in stocks.

We used to play mah jong, winner take all. But the
e people were always winning. The same people al-
s losing," she says. She is stuffing wonton, one chop-
k jab of gingery meat dabbed onto a thin skin and
a single fluid turn with her hand that seals the skin
the shape of a tiny nurse's cap. "You can't have luck
n someone else has skill. So we decided to invest. No
l in that. Even your mother agreed."

untie An-mei takes count of the tray in front of her.
ty wonton, eight people, ten each, five row more," she
, and then continues stuffing. "We got smart. Now we
all win and lose equally. We can have stock market
. And we can play mah jong for fun, for a few dollars,
ner take all. Losers take home leftovers! So everyone
have some joy. Smart, hanh?"

watch her and wonder what she did to inspire a
ong stream of criticism from my mother. Then again,
eemed my mother was always displeased with her
nds, with me, even with my father. Something was
ays missing, needed improving, was not in balance.

used to dismiss her criticisms as just more of her
nese superstitions, beliefs that conveniently fit the
umstances. In my twenties, while taking Introduction
sychology, I tried to tell her that criticism didn't lead
healthy learning environment.

There's a school of thought," I said, "that parents
uldn't criticize children. They should encourage in-
d. You know, people rise to others' expectations.
en you criticize, it means you're expecting failure."









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THE JOY LUCK CLUB
ontinued

en English, half their own Chi- dialect.

verybody has TVs in China now," Auntie Lin. "Our family there all TV sets—not just black-and-white, color and remote! They have every- g. When we asked what we should them, they said nothing, it was gh we would visit."

or Auntie An-mei looks pained. I ember my mother telling me about Hsus' trip to China three years Auntie An-mei had saved two sand dollars, all to spend on her her's family. She showed my moth- he insides of her heavy suitcases med with M&M's, instant hot olate with miniature marshmal- , bright California-style beach- , Stanford sweatshirts.

y mother told her, "Who wants e useless things? They just want ey." But Auntie An-mei said her her was so poor, and they were so by comparison. So she ignored my her's advice, took the heavy bags the money to China. And when tour arrived in Hangzhou, the e family was there to meet them, ding the brother's wife's step- hers and stepsisters, a distant cousin's husband and that husband's uncle, even village friends who were not lucky enough to have overseas relatives to show off.

My mother confirmed her suspicions. Nobody wanted those useless clothes. The M & M's were thrown in the air, gone. And when the suitcases were emptied, the relatives asked what else the Hsus had brought.

Auntie An-mei and Uncle George were shaken down, not just for two thousand dollars' worth of TVs and refrigerators but also for a night's lodging for twenty-six people in the Overlooking the Lake Hotel, for three banquet tables at a restaurant, for three special gifts for each relative and, finally, for a "loan" of five thousand *yuan* to a cousin's so-called uncle who wanted a motorcycle. When the train pulled out of Hangzhou, the Hsus found themselves depleted of some nine thousand dollars' worth of goodwill. Months later, after Christmas service, Auntie An-mei tried to recoup her loss by saying it truly was more blessed to give than to receive, and my mother agreed, that her longtime friend had blessings for at least several lifetimes.

Listening now to Auntie Lin bragging about the virtues of her family in China, I realize that Auntie Lin is oblivious to Auntie An-mei's pain.

"So, Jing-mei, you go to school now?" she asks me, changing the subject.

"Her name is June. They all go by American names," says Auntie Ying.

"That's okay," I say, and I really mean it. In fact, it's even becoming fashionable for American-born Chinese to use their Chinese names.

"I'm not in school anymore, though," I add. "That was over ten years ago."

Auntie Lin's eyebrows arch. "Maybe I'm thinking of someone else daughter," she says, but I know she's lying. My mother probably told her I was going to finish my degree, because sometime, maybe six months ago, we were again arguing about my being a failure, a "college drop-off," about my going back to finish.

Once again I had told my mother what she wanted to hear: "You're right. I'll look into it."

I had always assumed we had an unspoken understanding: She didn't really mean I was a failure, and I really meant I would try to respect her opinions more. But listening to Auntie Lin tonight reminds me once again: My mother and I never really understood one another. We translated each other's meanings, and I seemed to hear less than what was said, while my mother heard more. No *(continued)*



THE JOY LUCK CLUB
continued

doubt she told Auntie Lin I was going back to get a doctorate.

"It's getting late," I say after a round. I start to stand, but Auntie Lin pushes me back into the chair.

"Stay, stay. We talk awhile, get to know you again," she says.

I know this is a polite gesture on the Joy Luck aunties' part. "No, I really must go now, thank you."

"But you must stay! We have something important to tell you, from your mother," Auntie Ying blurts out. The others look uncomfortable, as if this were not how they intended to break some sort of bad news to me.

"I think your mother die with an important thought on her mind," Auntie Ying says in halting English. And then she speaks in Chinese, calmly, softly. "Your mother was a very strong woman, a good mother. She loved you very much, more than her own life. That's why you can understand why a mother like this could never forget her other daughters. She knew they were alive, and before she died she wanted to find them."

The babies in Kweilin. I was not those babies. Now I see them, lying on the side of the road, screaming to be reclaimed. I barely hear Auntie Ying.

"She had searched for years, written letters," says Auntie Ying. "Last year she got an address. She was going to tell your father soon. Aii-ya, what a shame. A lifetime of waiting."

Auntie An-mei interrupts, excitedly: "So your aunties and I, we wrote to this address. We say a certain party, your mother, want to meet another certain party. And this party write back. They are your sisters, Jing-mei."

My sisters, I repeat to myself, saying these two words together for the first time.

The aunties are all smiling at me, as though I had been a dying person who has now miraculously recovered. Auntie Ying is handing me an envelope. Inside is a check made out to me for $1,200. I can't believe it.

"My sisters are sending *me* money?"

"No, no," says Auntie Lin with her mock exasperated voice. "Every year we save our mah jong winnings for a big banquet at fancy restaurant. Most times your mother win, so most is her money. We add just a little, so you can go see your sisters. Besides, we all getting too rich, too fat." She pats her stomach for proof.

I am embarrassed by the banquet lie my aunties have told to mask their generosity. I am sobbing and laughing at the same time, seeing but not understanding this loyalty to my m

"You must see your sisters an them about your mother's death," Auntie Ying. "But most impo you must tell them about her life mother they did not know, they now know."

"See my sisters, tell them abou mother," I say, nodding. "What say? What can I tell them abou mother? I don't know anything was my mother."

The aunties look at me as if I become crazy right before their

"Not know your own mother?" Auntie An-mei with disbelief. can you say? She is in your bon

"Tell them stories of your f here. How she became success," Auntie Lin.

"Tell them lessons she taught, you know about her mind that ha come your mind," says Auntie "Your mother very smart lady."

I hear more choruses of "Tell tell them" as the aunties frant try to think what should be passe

"Her kindness."

"Her smartness."

"Her dutiful nature to family."

"Things that matter to her."

"The excellent dishes she cooke

"Imagine, a daughter not kno her own mother!"

And then it occurs to me. The frightened. In me, they see their daughters, just as ignorant, just a mindful of all the truths and they have brought to America. see daughters who grow impa when their mothers talk in Chi who think they are stupid when explain things in fractured En They see that joy and luck do not the same to their daughters, th these closed American-born mind luck" is not a word, it does not They see daughters who will grandchildren born without any necting hope passed from gener to generation.

"I will tell them everything," simply, and the aunties look a with doubtful faces.

"I will remember everything her and tell them," I say more fi And gradually, one by one, they and pat my hand.

They go back to saying st among themselves. They are y girls again, dreaming of good tim the past and good times yet to Such good stories. The best. The the lucky ones.

And I am sitting at my mot place at the mah jong table, o East, where things begin.

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special report

WOMEN VS. FASHION: Why clothes cost so much

Tired of paying too much for fashion that's not so haute? Here's what you should know about shopping, now that high prices are in style

Whether you shop at a mall, by mail or on Madison Avenue, you know that this year's prices are higher than last year's hemlines. The Shetland sweater that went for $23.50 now sells for $28.50. A wool skirt costs $74—up from $68—and a wool blazer that was $250 now wears a $300 price tag. Indeed, during 1988 the cost of clothes rose even faster than the Consumer Price Index, although prices dipped slightly during the holiday season due to the large number of sales. High-fashion designer items—particularly those imported from Europe—cost as much as 30 percent more than last year. And some retail analysts predict that even more shocks are in store for shoppers this spring.

If women were getting better value for these inflated prices, they might find them easier to take. But fashion experts and smart shoppers agree that the quality and design of clothes have declined. "A few years ago you could get an attractive, decently made dress for one hundred dollars," says Tina Johnson, a Los Angeles lawyer and veteran shopper. "Today you have to pay four hundred dollars for a dress that probably has split seams and loose buttons."

Incensed shoppers are not only paying more for less but are finding it tough to locate clothing they even like. "There is no new fashion direction," says Ruth Ann Britten, president of Arthur Britten Associates, a retail consulting firm in New York. "Fashion today is boring, boring, boring."

So why do clothes cost so much this year? The answer lies in a complex combination of economic pressures, plus pervasive industry practices that border on the unscrupulous.



Foreign policy

The falling dollar is partly to blame. Imports cost more as the dollar loses ground overseas. Take, for example, a cashmere sweater from Scotland that cost American retailers approximately $100 two years ago and was priced at $210 in the U.S.—a typical retail markup. Today, because the British pound has risen more than 25 percent against the dollar, the same sweater might cost merchants about $125, and the retail price might be $265. To keep up, say industry insiders, some top American designers are boosting their own prices.

By Candace E. Trunzo

Moreover, to protect American textile and apparel makers, the U.S. has established quota agreements that limit the imports of garments, *(continued)*

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special report

What you get for the buck

LHJ went shopping to find the best buy in a basic item, a simple black skirt.



The $58 skirt

Made in the U.S. of 100 percent merino wool jersey, by Carole Little for Saint-Tropez West; at Macy's. ■ Soft, not tailored, knee-length. ■ Thin wool, no lining. ■ Fabric may bag. ■ Elastic waist; uneven gathering at waistband looks cheap, but can be camouflaged with a wide belt. Regular seams, one-inch hem.

Recommendation: The skirt for the woman more interested in style than quality; it may last only one season.

The $95 skirt

A 100 percent pure wool skirt made in Australia, by Country Road of Australia; at Country Road/Australia. ■ Classic tailored slim, straight knee-length skirt. ■ Double tucks for sleekness across tummy and derriere. ■ Fully lined in rayon ■ Narrow waistband. ■ Four-inch fan pleat at hem in back for easy movement. One-inch hem. ■ Well-sewn seams.

Recommendation: The best buy for the woman who wants a classic look that can be worn for years.

The $290 skirt

Made in France of 100 percent virgin wool gabardine by Joseph pour la ville; at Macy's. ■ Designer styling and detailing. ■ Fully lined in silk. ■ Well-sewn seams. ■ Reinforced lining on waistband. ■ One-and-a-half-inch hem. ■ Invisible zipper.

Recommendation: The skirt for the woman who wants the highest quality plus a designer look—and is willing to pay for it.

(continued) fabric, yarn and fiber from such combative competitors as Hong Kong, South Korea and Taiwan. Not only that, the average tariff (or tax) on foreign apparel is 18 percent, and it's the U.S. consumer who ends up paying more for these imports. In fact, calculates former U.S. trade representative Clayton Yeutter, these protective measures add $238 a year to the clothing bill of the typical American family of four.

Decreased supplies and increased demand for certain natural fibers, such as wool, have also ballooned price tags. Countries such as the Soviet Union and China have started making more clothing for their own consumers of late and began clamoring for wool just as a drought in Australia's sheep country shortened supply. China, once a good source for cheap silk exports, has begun to nibble away at its own stockpiles.

The bottom line

World economics aside, however, much of today's price problem was made in the U.S.A. Merger-mania among retailers has centralized control over how and where we shop nationwide—and how much we pay. Empires such as Macy's, May Company and Campeau, a Canadian-based conglomerate, have managed to take over nearly all of the country's department stores in recent years, as well as many of the specialty chains. According to Susan Dresner, a New York wardrobe consultant and author of *Shopping on the Inside Track* (Gibbs Smith, 1988), these mega-stores, driven by the need to sell large quantities of goods, are intent on expansion. At the same time, they sometimes cut costs by replacing their seasoned buyers with inexperienced employees. "As a result," says Dresner, "we have too many stores saturated with mass-produced, indistinguishable merchandise."

Shopping malls magnify this phenomenon. Although they do encourage competition among retailers since customers can easily compare prices, experts say there is still no real choice of what to buy. Store after store is stocked with the same sweaters, dresses and blouses; options and variety have all but vanished.

Consumers have begun to fight back by not buying; for *(continued)*

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special report

(continued) almost two years now, retail sales of women's clothes have been flat. Still, retailers have developed a last-ditch defense. When forced to remainder merchandise at sale prices in order to clear out their stores, many retailers try to recoup some of their losses from manufacturers. This is known as "markdown money," and the consumer ultimately pays the inflated price.

Yet because sales are soft, quite a few manufacturers have become more sensitive to pricing. Liz Claiborne, which has the largest single market share of any one label, held the line at increases of only 2 to 4 percent last year. Other designers, such as Adrienne Vittadini, Bill Blass and Geoffrey Beene, have also managed to keep prices down.

Specialty retailers are also paying more attention to their customers' needs. For instance, stores such as the Limited took their cues from last year's sagging sportswear sales and introduced career-oriented fashions.



Shopping strategies

The long and short of it, then, is that customers who are spending their riches on rags have to be more conscious than ever of value and quality. Here, then, strategies to help you get the most for your fashion money.

■ *Don't be fooled by sales.* Smart shoppers know that sales are ever-present these days. "Department-store pricing is programmed to make customers think they're getting a deal," says consultant Britten. "They're not." Since many stores mark clothes way up before marking them down, you might consider waiting until an item has been reduced a second time to ensure actual savings.

■ *Shop by mail.* Catalog shopping offers convenience, good quality and reasonable prices on classic clothing. Clark Hinkley, general merchandise manager and executive vice-president of Talbots', a Massachusetts company that sells its merchandise primarily through catalogs, says that he and his staff have kept cost increases at bay by tracking down less expensive foreign sources for quality fabrics and getting volume discounts.

■ *Be a private eye about private labels.* Most department stores now sell private-label clothing—goods provided by the retailer's suppliers under the store's own name—which are touted by stores as costing 25 percent less than designer clothing of comparable quality.

That's not always true. But private label merchandise *is* worth considering when it comes to basics that you can readily price elsewhere. The Limited, for example, has been very successful at reproducing designer-label looks on private-label apparel. "They have the right colors in the right season and for the right price," Britten says.

■ *Scout out smaller stores.* If you want clothing that's different from the usual department-store fare, look in boutiques, which will often offer unique designs from lesser-known designers. You're also likely to get better service and find higher quality items. (However, retail prices may be higher, depending on the store.)

■ *Be a creative shopper.* Look for clothing, jewelry and accessories at craft shows, flea markets and thrift shops, where you can often find real bargains.

■ *Buy versatile pieces.* Stick to black, navy, beige or brown when you buy major items such as a suit, skirt or jacket. Make your outfits fashionable for less by accessorizing with au courant colors and belts, jewelry and scarves.

■ *Buy season-spanning materials.* Natural fabrics such as wool gabardine, wool crepe, linen, cotton and silk tend to breathe and can be worn year-round. However, the quality of natural fabrics varies radically. An almost-transparent silk blouse, for example, may be far inferior to a high-grade polyester.

■ *Know what items to spend your money on.* For example, be willing to pay more for good-quality basics, such as a classic jacket that will help pull together the other pieces in your wardrobe, or a well-made black wool gabardine suit.

■ *Splurge on a few all-important accessories.* Expensive pieces such as a status scarf, a good-quality leather handbag or a strand of cultured pearls can embellish the most spartan wardrobe.

■ *Become shoe savvy.* Shoes don't have to be expensive as long as they're comfortable and fit well, says wardrobe consultant Dresner. She advises buying shoes made of natural materials such as leather, because synthetics don't let feet breathe. Also, look for clean edges, neat stitching, flexibility and leather soles for longer wear.

■ *Look for inexpensive fiber substitutes.* If you can't afford all-natural fibers, settle for blends rather then all synthetics, because they last longer and wear better. And don't be put off by fabrics that aren't familiar to you. For example, ramie, a version of rayon, is a smart buy when blended with natural fabrics, because you still get the quality of the natural fabric, but you pay less because the item is not all natural.

■ *Make sure the clothing you buy is well crafted.* Dresner's checklist for determining quality: 1. If the material has a pattern or stripe, does it match at the seam line and pockets? 2. Is there any puckering at the seams? 3. Is the seam allowance wide enough for letting out, and is it sewn securely? 4. Is the stitching close together and even? 5. Are the buttonholes sewn on both sides of the cloth? 6. Is the skirt lined with a quality fabric, such as silk or rayon? 7. Are the pockets built in, rather than attached from the outside? 8. Are the buttons on your garment natural (bone, pearl or leather), not plastic? ■



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Amy Irving

MOM IS HER REAL STARRING ROLE

Though she's enjoying the most successful year of her acting career, Amy Irving still gives top billing to motherhood, not moviemaking. "I need to be here at home," she says



When movie folk go on a family outing, they go—where else?—to a movie. Steven Spielberg and wife Amy Irving took little son Max to a special Disney screening last fall

Her Ralph Lauren cowgirl boots go thumpity-thump as Amy Irving strides through the sunroom of yet another new house in California. Holding two fancy goblets of Coke by their stems, she hands one to me and sinks into a chair. The wall of glass behind her would frame the Pacific Ocean if the view were not filtered by fancy lace curtains that cascade from the twelve-foot ceilings. Steven Spielberg built this as his latest dream house, a vast hacienda that is stepped into the Santa Monica mountains and is well protected by electric gates. It has fourteen rooms that were designed to house the couple, their three-year-old son, Max, and Steven's various fantasy fulfillments—including a video arcade and a movie theater complete with popcorn stand.

"This is not really my style," says Amy, with a shy little smile. "We're surrounded by live-in help and tennis courts and vegetable gardens . . . Well, you see, the last thing I want is to be 'the lady of the house.' "

Make that houses. Although they have rarely lived together in any of them lately, the Spielbergs also own a double apartment in Manhattan's Trump Tower, a restored barn in East Hampton, Long Island, a Malibu beach house (now being rebuilt after a fire) and an adobe house in New Mexico. Isn't it exhausting to keep track of what's where and when? *(continued)*

By Cliff Jahr

Photos from top: Nancy Ellison/Sygma; Smeal/Goldsto.

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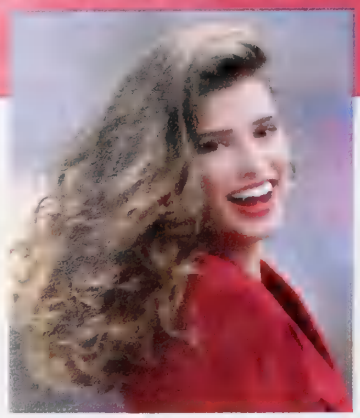


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SALON SELECTIVES FROM HELENE CURTIS

■ AMY IRVING
continued

Amy sighs good-naturedly. "It used to make me crazy until I set up a system. When I hired five people to run everything, I said to them straight out—just feed us. If there's a problem—handle it. I don't want to *hear* about the mice.

"You know," she adds, matter-of-factly, "I used to think I could do it all before Max was born. Now everything's changed."

Flying high

If she's not doing it all, she's still doing a lot. At age thirty-five, she's a doting mother as well as a respected stage performer who's now, finally, a name-above-the-title movie star. For a long time, she toiled in the shadow of her celebrated husband. As a director or producer, the forty-one-year-old Spielberg has given the world *Jaws*, *E.T.*, *Close Encounters of the Third Kind* and *Who Framed Roger Rabbit*, among others. (Without credit, Amy provided the sexy singing voice for that torchy Toon, Jessica Rabbit.) While he is still Oscarless, Spielberg's genius has earned him a reported $250 million, and movie folk, in a mix of envy and pride, have dubbed him the King of Hollywood.

But Amy cannot be dismissed as merely the king's consort. Indeed, although their marriage seemed to be skidding through one of its periodic slippery patches last year, her career has been sailing along. Her work in an Off-Broadway play, Athol Fugard's *The Road to Mecca*, won a coveted Obie award, and her performance in *Crossing Delancey* helped make it one of the year's hit movies. Now the striking actress with the diamond-shaped face and riveting blue eyes is in demand on both coasts.

"I'm very spoiled after last year," she admits, "because that success had nothing to do with who I'm married to. *Mecca*, in particular, was my dream realized. Steven always says *E.T.* was his 'something-from-the-heart,' a movie probably never to be matched. When he saw me in the play, he said, '*Mecca* is your *E.T.*' So I came back to Hollywood without the chip on my shoulder that said, 'Why don't you people *use* me?' Now they see that I'm no longer the little girlfriend that Steven brought along. I've earned my wings."

Yet, just now when she's hot, Amy has chosen to pause in her career and rearrange her priorities. Amid rumors—vigorously denied—that her marriage is unraveling, she has decided that her domestic interests come first.

"I'm not going to shortchange family for career," she insists. "I used to think my work would just keep on goi thought I'd breast-feed Max for months, then go back to work an skip a beat. Well, I didn't want to breast-feeding even at six mo And when I returned to work nine months, I did so without the ambition I always had.

"Steve and I planned to take working," she continues, "but I expect him to stop his career for If I work, we don't see each othe months. There I was in New York year—kid with me; me visiting band; husband visiting me. It wa possible. Everything suffered.

"*I* need to be here at home to myself. And yes, I know I don't s like a very modern woman."

At this point, the young subje her discussion scampers into the dragging a pail. A curly-haired in overalls, Max has been in an during our visit, chattering over and showing us how to play "An the Pants." (For the untrained, thumb flips the spring-operated p "ants" into the pants-shaped pail.

Now he climbs up, straddles mother's lap and cups his hands to er her eyes. "I'm going to make throw up," he announces.

"Do you know who I am?" asks making a face. "No. Yeah! Y MOMMY!" Max shrieks, and run of the room. Amy's loving eyes fo "Is this not an angel?" she asks. just starting in a Santa Monica school where parents leave in sta staying an hour, then a half hour so on—until the kid gets used to on his own. It avoids separation eties. Well, after three weeks, was ready for me to go, but I was am the last mother there."

Max is a lucky little boy. There heaps of toys waiting for him i five houses, and he never travels out his favorite blanket, his own passport and his Gizmo doll (a character from Spielberg's *Gremli*

Born to act

Part of Amy's commitment to mo ing comes from her own born-trunk start in life, one she remem as "very healthy and loving." mother is actress Priscilla Po (Victoria Principal's mother in *Da* her father was the distinguished director Jules Irving. As a tot, was trundled along to the San Fra co Actor's Workshop, where her ents pursued their craft.

"My mother worked, but I really her full time, since that was pos in local theater," she recalls. movies are made all over the w and I don't want Max *(contin*

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■ AMY IRVING
continued

getting taxied back and forth all the time."

Of Russian-Jewish ancestry on her father's side and Welsh-Cherokee on her mother's, Amy describes herself as "a tough little cookie" growing up. "I was very self-assured and always knew that I wanted to be Sarah Bernhardt. I did children's roles in my parents' plays."

Teenage Amy studied music and theater in New York and San Francisco before beginning three years of classical training as the only American student at the London Academy of Music and Dramatic Art. Then she went through an overweight hippie period, even ironing her gorgeous natural curls. "Any self-esteem problems I have now stem from that awkward time," she says. "I was a flower child—still am, actually."

She returned to Los Angeles, and one day in June of 1976 she auditioned for the Princess Leia role in George Lucas's *Star Wars*. Carrie Fisher got the part, but Amy caught the eye of Lucas's pal, director Brian De Palma, who was then casting his horror classic *Carrie*, starring Sissy Spacek. DePalma could imagine Amy playing Carrie's best friend, and he also saw her as the perfect date for his buddy, Steven Spielberg.

The saga of Steve and Amy can be told in the style of either tabloid or storybook—it's a little of both. De Palma introduced them, and they clicked. Amy shared Spielberg's Beverly Hills house until, after four years and a rumored romance with Willie Nelson, her co-star in *Honeysuckle Rose*, they broke up. But in a last-stand try, Amy proposed marriage, Steve accepted, and they headed off to wed in Tokyo. They quarreled again and canceled the ceremony—then stayed on as sightseers. When they parted, Amy gave up the big role she had been set to play in Spielberg's next box-office smash, *Raiders of the Lost Ark*.

She retreated to Santa Fe and bought an adobe house eight thousand feet up a mountain. Her depression deepened with the death of her father. "His loss was devastating," she says, "but I knew I had to get in touch with my own guide that lived inside of me. You start out being Julie Irving's daughter, and you finally break away from that to become Amy Irving, and then you become Steven Spielberg's girlfriend and—well, I was having an identity crisis. I had to take positive action and get a new sense of myself."

At long last love

After a rest, Amy went back to work on Broadway as Mozart's wife in *Amadeus*. In one scene she appeared to bare her breasts. "They actually had me wear a trick bodice," she explains. "When you opened it up, it made you *look* naked. Steven was sitting in the audience and swore that he saw me topless, but I wasn't."

Yes, Spielberg was back. The next three years would find Amy doing Shaw and Shakespeare on stage, dating other men and earning an Oscar nomination for *Yentl*, but the old flame was always in the background.

Then a romantic reunion occurred in India, where Steve was making a television movie and Steve was scouting locations. Amy says she had a premonition that Steve would pay her a surprise visit, and she stood waiting by the airfield as his tiny plane bumped down.

"We saw each other across the runway," she remembers, "and by the time we came together, I *knew*."

Thus began her thirtieth year ("my best"), and an accident Steve was there when it ended with an elegant candlelit dinner party on her birthday. That night, A

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pregnant. Rumors soon buzzed through movieland were flatly denied. But denials were impossible when ven escorted her to the 1985 Academy Awards.

I was eight months along," Amy says, chuckling at self. "There I was in a big low-necked purple taffeta ss that made me look like a pregnant whale."

Meanwhile, Steve and Amy had quietly signed a legal t in which he agreed, among other things, to support ir child no matter what happened to their relation- b. The baby arrived that June (Steve cut the cord), and months later the proud parents slipped away to San- e to get hitched by a judge.

We didn't do it because of Max," Amy says, "but be- se of *us*. Once we were pregnant—we were married."

s they blissfully adjusted to parenthood, Steven cut k to a four-day workweek. "Having a son totally nged Steven," Amy remarks. "Max brings out all the in him. They get down on the floor and share toys."

et, say Hollywood insiders, the Spielbergs are not py. Separate careers have kept them too much apart, the gossip, and Spielberg has often been seen with e Capshaw, the leading lady in his *Indiana Jones and Temple of Doom*.

hen, last July, a supermarket tabloid put the break- umor on the front page. Other more cautious maga- s and newspapers followed suit. Finally, when the oid claimed that attorneys were working out a $100 ion divorce settlement, Spielberg shot off an angry al through his lawyers, calling the story "insulting, ressing, humiliating and embarrassing."

my shudders to recall. "I don't know anything about other woman," she says firmly. "And y'know what? If e not fine, sitting around reading about it isn't going nake my life richer. We don't let newspapers even come into our house. How would you like to open the papers and have reporters trashing your life? It's ugly."

She takes a breath. "Oh, sure, I miss the papers, but we agreed that what you don't know—I mean, it's not as if we're totally innocent of knowing what's happening out there. We know. But we also know what's important, and we screen out negativity."

Spielberg has always been very supportive of her work, adds Amy, and she of his as well. "At night he'll often read scripts out loud to me, and if I don't fall asleep, he thinks it's a good sign," she explains. "The night he read me *Back to the Future*, I stayed wide awake all the way through, and he got very excited."

So what's next? Stretching back and fluffing her hair, Amy sums up their plans. Steven is preparing to film *Always*, a romantic comedy in which Richard Dreyfuss plays an Army flier who dies in combat, then comes back as a ghost to meddle in his ex-girlfriend's new romance.

As for Amy, she may portray the wife of Polish activist Lech Walesa in a movie to be made in Hollywood this spring. Meanwhile, she plans to co-produce and star next winter in a movie drama named *Passion of the Mind*.

Does Amy think that she lives a golden life? She smiles, then says softly, "Yes, compared with the rest of the world, I guess our life is golden, although the sun doesn't shine on me *every* day."

And besides, she adds, her good fortune comes as no surprise: "Ever since I was a child, I've been very confident I would get what I wanted." ■

Cliff Jahr, a contributing editor of Ladies' Home Journal, *is the co-author of the best-seller* Detour: A Hollywood Story *(Avon Books, 1989), the autobiography of Lana Turner's daughter, Cheryl Crane.*

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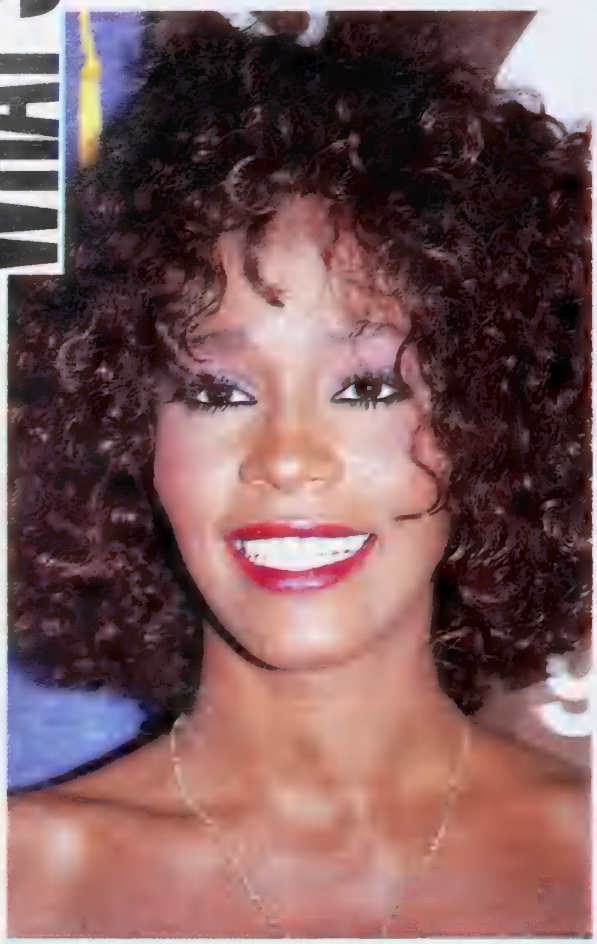


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WHAT'S HOT

Pop's golden girls



Whitney's big sound of success

Riding a voice that spans three octaves, Whitney Houston has soared into the pop stratosphere at the tender age of twenty-five. She has won more major awards in less time than any other pop star except Barbra Streisand: one Emmy, two Grammys and nine American Music Awards since 1985. Her two albums, *Whitney Houston* and *Whitney*, have sold more than 28 million copies worldwide and launched seven consecutive number-one hits—more than even the Beatles ever managed. And now, following a successful world tour, she's trying to top herself with a third album, due out in the fall.

Yet Whitney's phenomenal success isn't such a phenomenon, when you know her musical pedigree. Her mother, Cissy Houston, has been a celebrated gospel performer for years and at one time was a backup singer for another vocalist of some repute: Elvis Presley. Her cousin is Dionne Warwick, who registered her first hit before Whitney was even born. And Aretha Franklin, the renowned Queen of Soul, and the first woman in the Rock 'n' Roll Hall of Fame, is a close family friend who's affectionately known as "Auntie Ree" around the Houston household in suburban New Jersey.

At an age when most girls are just buying hit records, these stars are selling millions

"With her looks and talent," says Dionne Warwick, "she had all the credentials. Her success was something that was *supposed* to happen."

Before long, it did. After graduating from high school, the teen beauty was doing commercials for Canada Dry, singing in TV appearances on *Silver Spoons* and *Gimme a Break*, and fashion modeling to boot.

Then Clive Davis, president of Arista Records and starmaker nonpareil, auditioned Whitney after seeing her perform in a nightclub act with her mother. Overwhelmed by her beauty, talent and commercial promise, he made her his personal marketing project.

Davis introduced her to American audiences through carefully chosen TV appearances on shows like *Merv Griffin*, secured a number of key showcase performances in New York and Los Angeles, and arranged for a high-profile recording duet with Jermaine Jackson. He also selected *(continued)*

Adam Scull/Globe

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WHO'S HOT *Pop's golden girls*

(continued) the songs that helped her debut album go platinum in 1985, and followed the same formula two years later on her second blockbuster LP.

Whitney's ascension has not been without bumps, however. Despite her proven vocal abilities, some critics accuse her of being primarily a product of hype. Her second album, *Whitney*, was dismissed as sappy and safe by some reviewers, and several of her recent sold-out concerts have garnered mixed reviews. A shoving incident between one of her stagehands and comedian Whoopi Goldberg at a recent benefit concert for imprisoned South African activist Nelson Mandela brought Whitney a flood of bad press.

Replies Whitney: "I've been called standoffish. I've been called a bitch. And I often ask myself whether I really have acted that way. Then I look back and I think . . . no. No, I didn't."

She also denies—categorically but resignedly—rumors of a romantic involvement with her longtime personal assistant, Robyn Crawford.

"My mother taught me that when you stand in the truth and someone tells a lie about you, don't fight it," Whitney says. "Let people talk. I don't care. It doesn't bother me, because I'm not gay."

Still, nothing can tarnish what Whitney has already accomplished, or dim her hopes for the future. Her ambitions include writing more of her own material—and making movies. She has reportedly been offered a role in the film version of the Broadway hit *Dream Girls*, and the part of legendary Folies Bergère star Josephine Baker in her film biography.

"I don't want to be a movie star," she says, "but I would like to be an actress."

At this point in Whitney's life, it seems her career remains her greatest love of all. But there *will* come a time when she'll make room for something else. "One day I want to get married and have kids," she says. "That's the ultimate career for me."

—JENNY CULLEN



With beauty, talent and an impressive musical pedigree, Whitney "almost has it all"



Tiffany: Troubles for a teenage star

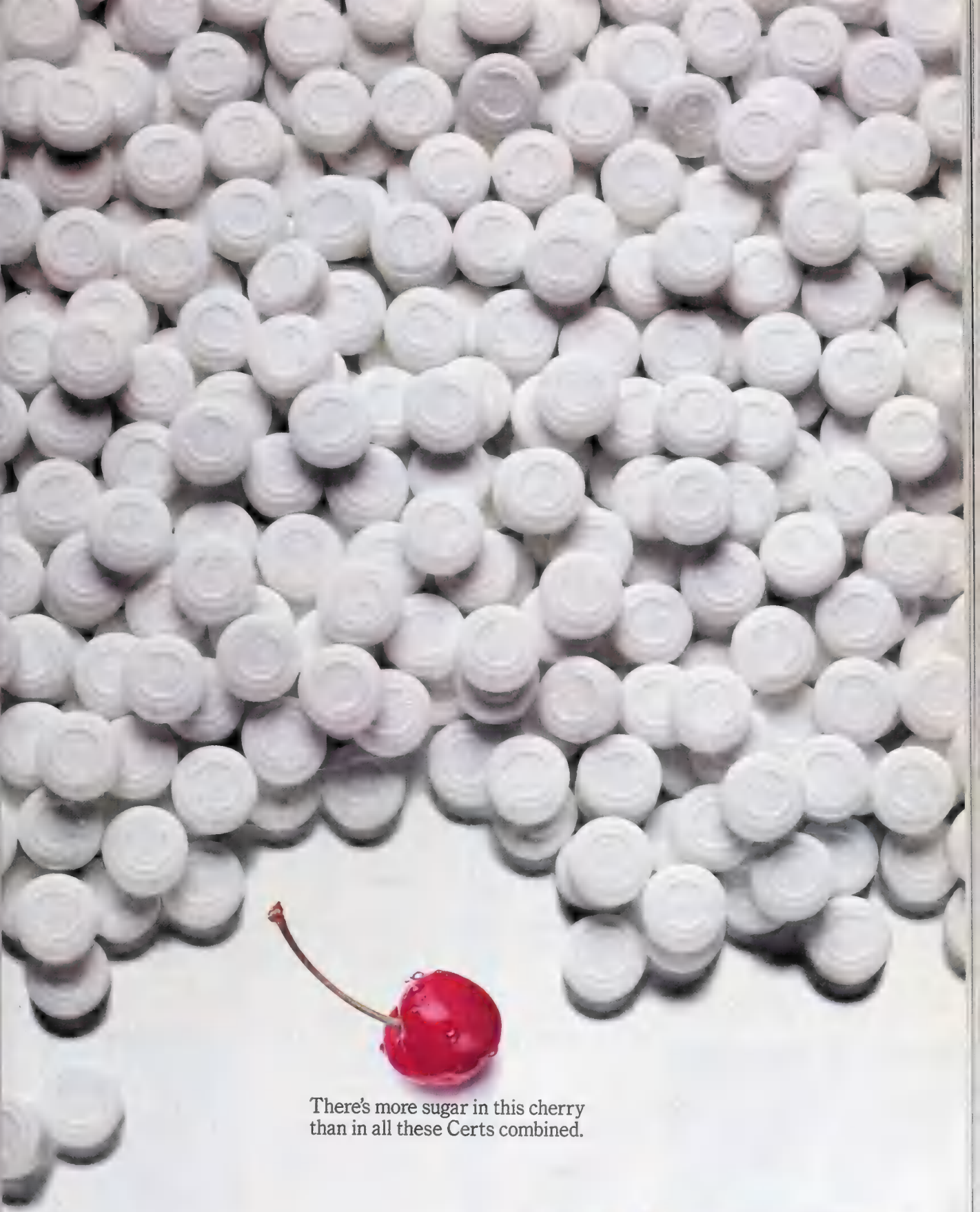
Talk about your mallflowers: At an age when many teenagers are spending fortunes at shopping centers around the country, Tiffany Darwish was tending to hers instead.

In a revolutionary marketing move two years ago, the singer, then fifteen, boosted her first album into a four-million-copy hit with her tireless appearances at malls. She'd warble along with taped tunes from *Tiffany* for anyone who would listen.

"It was embarrassing at first," recalls the singer, who now, like her album covers, uses only her first name. "People were laughing and giving me weird reactions." But not for long. Small crowds turned into huge ones, and album sales followed suit. "I met a lot of people," she says. "And I felt that they could walk away and say, 'That's Tiff, my friend,' rather than 'Yeah, Tiffany the star.' "

Tiffany became the youngest female to score a number-one album and the youngest *person* to send her first two singles ("I Think We're Alone Now" and "Could've Been") to the top of the charts. Now she's hoping for a second smash with her new album, *Hold an Old Friend's Hand*, *(continued)*

Photos from top: Lynn Goldsmith/LGI, Serge Arnal/Stills/Retna.



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WHAT'S HOT *Pop's golden girls*

(continued) which again features the light, danceable pop tunes that have become her trademark.

In spite of her enormous professional success, Tiffany has suffered personal turmoil.

Last year, Tiffany took her divorced mother, Janie Williams, to court in California to have herself declared an emancipated minor and win the right to conduct her own business affairs. She also moved out of the apartment she shared with Janie and two half-sisters near Los Angeles. Tiffany claimed her mother was "not making smart career moves" for her because of an alleged drinking problem. Williams countered that Tiffany was being overworked and underpaid by her manager and producer, George Tobin. Tiffany stood by her manager.

After a two-month court battle, however, the singer dropped the emancipation request, and Williams recently resumed legal guardianship of her daughter. The settlement also required that mother and daughter meet regularly with a family counselor, and that Tiffany's earnings be placed in trust accounts she can draw from in installments when she is eighteen, twenty-one and twenty-five (though she receives a four-figure monthly allowance in the meantime). As a result of the dispute, insiders say Tiffany's relationship with her mother remains frosty.

Only one thing has never been disputed: the precocious teenager's talent. She started singing professionally with local bands at age nine, catching Tobin's attention when she was twelve and singing backup in a recording session at one of his studios.

"I was enthralled by her voice," he remembers. "In under ten minutes I decided to sign her."

Today, Tiffany has graduated from shopping centers to real-life concert halls packed with adolescents. But even so, she considers it important for her fans to know that she is still one of them. "No one waits on me hand and foot," she says. "Some people look at me like I shouldn't be normal."



Professional success brought personal pain when Tiffany battled her mom in court for control of her career

Her life has been anything but normal, but Tiffany promises to persevere. Whatever challenge comes next, she vows: "I am gonna give one-hundred-and-ten percent."

—MIKE HAMMER



Debbie has struck a chord with both teens and parents in her rise to pop stardom

Good times for that Gibson girl

Consider the resumé: Debbie Gibson wrote her first song when she was in kindergarten. By the time she was sixteen, she had one hundred of her own songs on tape and landed her first contract with Atlantic Records. And now that she's all of eighteen, she's seen her debut album, *Out of the Blue*, rack up five top-ten singles, and she has just released a new album, *Electric Youth*.

But it is Debbie's normal image as the teen next door that makes her and her music so widely appealing. Debbie still lives at home. She recently graduated near the top of her senior class at Calhoun High in her hometown of Merrick, Long Island, and is now a freshman and Spanish major at nearby Hofstra University.

"I don't think everybody has to be Madonna," she explains. "The market was missing someone from suburbia who wears jeans and a sweatshirt."

She moved into the spotlight in 1983, when Doug Breitbart, a New York entertainment lawyer, saw her potential and enrolled her in acting, dancing and voice lessons. Debbie even learned how to produce records in a studio Breitbart persuaded her parents to build in the garage. The results have included millions of records sold, an army of adolescent fans and approving parents, and critical recognition of her talent. —MIKE HAMMER



Clockwise from top right: Atlantic Records; Ron Wolfson/London Features; P. Rooney/Sygma

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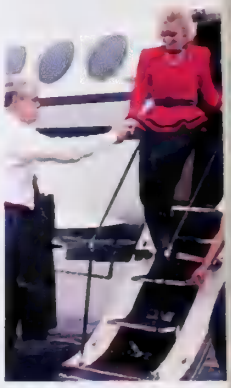



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Ladies' Home Journal
March 1989



On September 30, 1988, LHJ sent photographers across the nation, from Lexington, Kentucky, to La Jolla, to snap examples of the many ways beauty is part of American women's lives. What did we discover? That our concern for good looks runs the gamut from quick and easy skin and hair care to a healthy emphasis on exercise. Beauty today is looking put together (in a hurry!) for the office and indulging in a much-needed dose of pampering every now and then. Read on for a view of cross-country beauty, plus tips for everything from new makeup must-haves to surefire fitness.

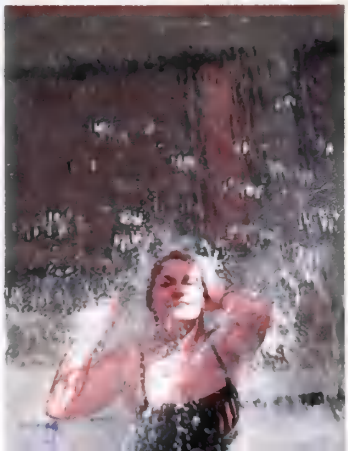


A day in the life of the AMERICAN BEAUTY









All photos, Black Star. Details, page 187.

A day in the life of the AMERICAN BEAUTY



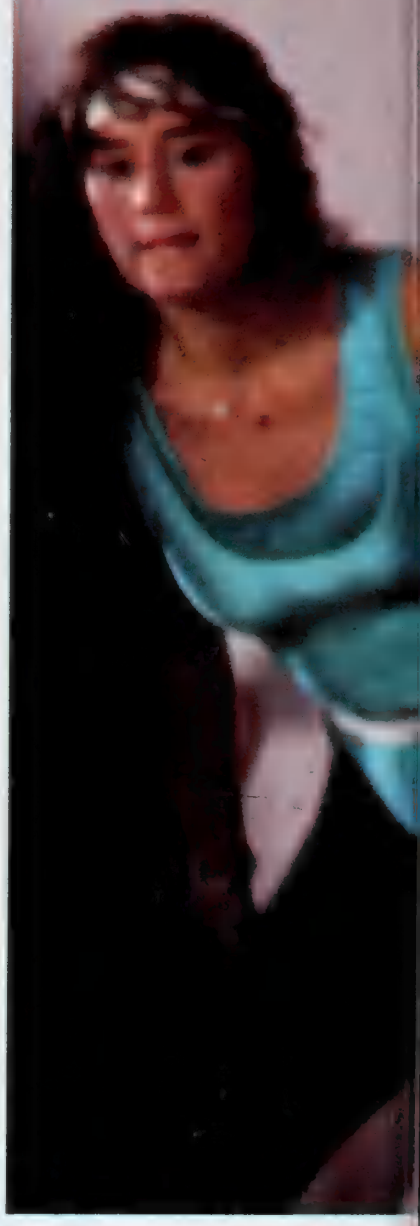
7:15 a.m. ten-minute body builder

Karen Tietjens, 45, allots ten minutes for blow-drying her hair before starting the forty-five-minute drive to work as a buyer for a Houston specialty store. Have fine, thin tresses like Karen's? Try these volumizing tips: Towel-dry hair. Apply mousse or gel to roots and scrunch. For long hair, flip forward and dry with a diffuser, raking with fingers. For short hair, divide hair into sections and direct air at roots. Karen's best advice? Get a good haircut.



7:30 a.m. complexion upkeep

The importance of proper skin care isn't news to Melissa Ann Wilson, 34, a nurse and a teacher of child health in Lexington, Kentucky. Her complexion will always look terrific with our protective regimen **1** Wash face twice a day with a mild cleanser. **2** Moisturize twice daily. **3** Use a low-alcohol toner **4** Deep-clean skin once a week with a hydrating masque. **5** Use sunscreen under makeup.



By Lois Joy Johnson, Beauty and Fashion Editor
Text by Linda Fears



7:45 a.m. camera-ready makeup routine

A tennis commentator for CBS and ESPN, a former professional tennis player (she's shared the court with Chris Evert and Martina Navratilova), and a mom with an active youngster, self-described tomboy Mary Carillo, 31, of Naples, Florida, prefers not wearing makeup. But looking good for the camera is another story. Here's a routine that looks natural, takes five minutes.

Base Damp-sponge on a compact foundation.
Blush Smile and apply tawny powder blush on cheek apples.
Mascara Brush on one coat of waterproof black.
Eye pencil Smudge liner at base of top lashes.
Lipstick Apply glossy lip color with a wand applicator.



Mornings are a mad rush, yet we manage to make time for certain routines. Karen Tietjens blow-dries her hair until it's just so but applies her makeup in the car while waiting for the light to change! Melissa Wilson takes special care of her skin so it always looks first-rate. Mary Carillo puts makeup on fast so she can spend extra time with her toddler. Exercise enthusiast Stacey Wilensky counts on A.M. workouts to reduce stress. Her beauty philosophy? "Good looks depend on good health."

9:00 a.m. get up and go

Stacey Wilensky, 34, heads straight for the gym every morning after dropping her two-year-old son, Max, at school in Woodmere, New York. She takes and teaches classes and is studying for her certification in exercise instruction. How to find the best place to work out? Here, tips from Meredith Ries of Stacey's health club, Sleek and Sheik, in nearby Oceanside.

- Be sure instructors are certified by a national organization.
- Is the aerobics floor resilient? Is the room well ventilated?
- Observe a class. Is enough time devoted to warm-up and cool-down? And if the room is too crowded, go elsewhere.

10:00 a.m. polished to perfection



A free-lance fashion director and former model from La Jolla, California, Lilo Miller, 62, feels a once-a-week manicure is essential to good grooming. Below, tips on how to keep a manicure (professional or do-it-yourself) shipshape, from Jessica Vartoughian, founder of the Jessica Nail Clinic in Los Angeles.

smooth cuticle cream on nails twice a day
maintain a manicure by brushing clear polish on nail and underneath tip. Buff nails regularly
wear cotton-lined gloves when doing chores
best nail saver Always act as if your nails were wet

A day in the life of the

AMERICAN BEAUTY

Every so often we all have to take advantage of those little beauty treats. This morning Lilo Miller was getting her weekly manicure at Aida Grey. "A well-groomed appearance is most important to me," says Lilo. Judith August, discussing face-lift options with her plastic surgeon, Dr. George H. Sanders, agrees. "If you have a choice to look and feel better, why not?" Being totally made over at the Revlon counter at Hecht's in McLean, Virginia, definitely made Pat Ellis look and feel better. And little Morgan Truter is learning the joys of being pampered at an early age. Her favorite part of getting a trim? Having her hair curled and beribboned!



2:00 p.m. tiny trim

Three-year-old Morgan Truter loves getting a haircut at Hair Directors in Pittsburgh. Here, some tips for tantrum-free trims from her mom, Elizabeth, 31. ■ Make sure your child is familiar with the salon. ■ Plan a trim at a time of day when your child is relaxed. ■ Avoid fussy looks or too-adult dos. A blunt cut is the easiest to care for.

11:00 a.m.

turning back the clock

Judith August, 47, who puts out a line of cosmetics in Encino, California, is considering a face-lift. She's already had eyelid surgery. If you're considering plastic surgery:

■ Have doctor explain procedure in nonmedical terms.

■ Ask to see before and after pictures of former patients.



12:00 a.m. midday makeover

TV producer Pat Ellis, 44, of Washington, D.C., always wanted a store makeover. To help get a makeover you love ■ Know whether you want to enhance a certain feature or change your whole look. ■ Make sure you know how to apply the makeup before leaving.



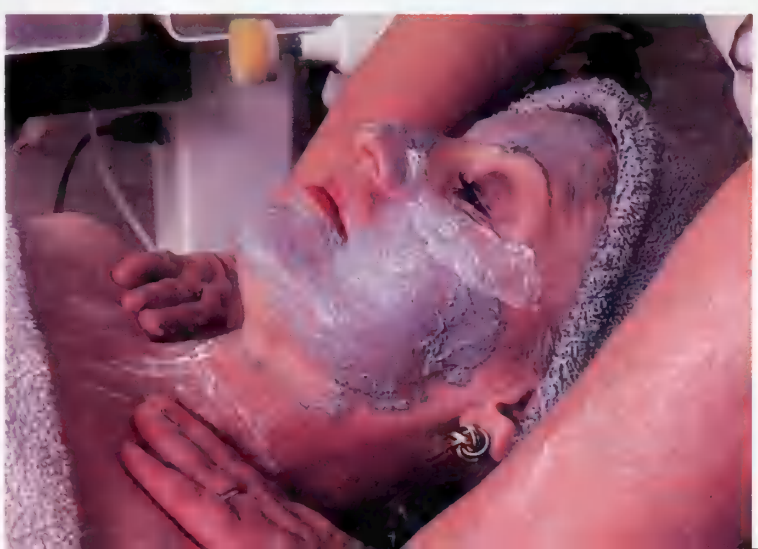
1:00 p.m. spa splurge

Coordinating computer training programs by day and studying computer training by night leaves Armie Banos, 49, exhausted. A day at Doral Saturnia International Spa Resort was the perfect stress-buster for this Miami resident. You can pamper yourself with these treats at a local salon (costs are approximate):

facial Refreshes and exfoliates skin. $45

massage Relieves tension. $50

herbal body wrap A real rejuvenator for the whole body. $75



A day in the life of the AMERICAN BEAUTY



2:30 p.m. helping Mother Nature

Cynthia Wood, 28, knows looking her best is part of the job. (She's a New York City advertising account manager.) She's highlighting her dark blond hair to get the childhood sunniness back. According to renowned colorist Louis Licari, of the Louis Licari Color Group, NYC, "Highlighting adds shine, accents skin tone." For best results stay within three shades of natural color.



3:00 p.m.

a pro's quick touchup

As Maybelline's senior V.P. of marketing services, Memphis resident Cathy Wills, 39, presents new makeup colors to top execs. How to prepare for a big meeting? **1.** Reblend base with damp sponge **2.** Erase smudges with swabs **3.** Do lips from scratch, liner and all **4.** Matte shine with translucent powder



4:00 p.m. strutting her stuff

"Runway modeling is especially fun because you can put personality into it," says Debbie Gryte, 27, a Ford model who's showing off Liz Claiborne's new collection in NYC. How can you make your clothes look model-perfect?

- Stand straight, holding head high, as if it were being pulled up by a string
- Focus eyes straight ahead
- Keep shoulders down and relaxed



4:30 p.m. door-to-door beauty expert

Eleven years ago Angela Williams's fifteen-year-old daughter couldn't find a job. Angela, a mother of seven in Hacienda Heights, California, became an Avon rep so her daughter could be her assistant. Her daughter soon tired of the business. Angela stayed with it and has been selling successfully ever since! Angela, now 43, recommends these essentials for your makeup kit **1.** lightweight foundation **2.** loose, transparent powder **3.** rosy blusher **4.** black or brown mascara **5.** concealer **6.** soft eye pencil in charcoal or brown **7.** matte powder shadow in soft brown or gray **8.** lipstick in soft pink or rose **9.** matching lip pencil **10.** red lipstick



Women in the beauty business agree: Looking good is not only expected of them, but it's also a great way to boost self-esteem. Gretchen Elizabeth Carlson—crowned America's ultimate beauty—feels she is a role-model. She represents qualities and values that other women can aspire to. And, says Cathy Wills, "a good appearance indicates self-confidence." Her skillful presentation led her to a promotion the day of our visit! Angela Williams wasn't even interested in makeup before selling Avon. Today she expertly helps clients select their best colors and products.

4:45 p.m. there she goes, Miss America

We caught up with busy beauty queen Gretchen Elizabeth Carlson, 22, on her way to Prosperity, South Carolina, to visit the Kayser-Roth plant, where they manufacture Burlington Sheer Indulgence hosiery. Gretchen has to look polished at all times—a hard task for a traveler. How to make a picture-perfect landing?

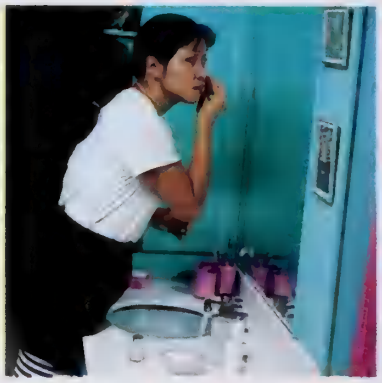
- Drink plenty of water, avoid alcohol and caffeine
- Wear minimum makeup in flight: tinted moisturizer, creamy lipstick. Apply eye makeup before landing
- Deep-condition hair the night before a flight



A day in the life of the AMERICAN BEAUTY

5:00 p.m. best foot forward

Fitness walking isn't a new trend for the residents of the Villa Campana Retirement Community in Tucson—they've been doing it for years! To walk properly: Keep chin up, tummy in, shoulders back, arms close to body.



6:00 p.m. time out

After spending the day with her two sons in Rydal, Pennsylvania, Eileen Yip, 35, needs to freshen her oily skin. She cleanses again before bed. Two golden rules for bedtime skin care: Remove all makeup, especially eye makeup. Moisturize: Use a gentler formula around eyes.



5:30 p.m. on the cutting edge

Edwena Raye, 41, who works for Canon USA and is mom to two college students, was tired of her do-nothing hairdo. She headed for the Glemby Salon in Atlanta for a new wedge cut that accents her cheekbones. How to make sure you get a great cut?

- Consult with your stylist before snipping. Have her examine your hair texture and facial features.
- Bring along photos of cuts you like.
- Let the stylist know your styling ability and the time you're willing to devote to your hair every day.



6:30 p.m. cycling to super shape

When Norma Sabesin, 28, an account coordinator for an advertising agency, moved to Chicago from St. Louis she discovered that cycling is the most popular sport in the Windy City—so she took it up! Cycling can be done almost anywhere, is great for heart conditioning and leg toning, and is also a super stress reducer, especially after work. Too cold to cycle outdoors? Invest in a stationary bicycle.



9:00 p.m.

Beauty means fitness for some of our women. Looking good is also a great excuse to let off steam. "Some women shop to relax; I go to the salon," says Edwena Raye. But beauty isn't something we do only for ourselves—we like to look good for loved ones, too. Santa Fe artist Evelyne Sadlier, forty-nine, looks extra special tonight as she and her husband, Michael, celebrate the seventeenth anniversary of the day they met, at their favorite spot, the Pink Adobe. Beauty has different meanings for different people, but women of all ages will always take time to look their best. Case in point: Can you guess who the oldest walker is in our top photo? Ninety-six-year-old Dodie Morgan is leading the pack!


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CALIFORNIA RAISINS ASK:

"WHAT HEMLINE CONTROVERSY?"



Back-up singers opt for less. Stay long on style.

The California Raisin chanteuses, a singing jolt of fashion confidence, have burst onto the entertainment scene without so much as a nod to the hemline dogfight that's ringing out the '80's.

Hemlines, indeed.

When you strut your stuff à la this retro-hip trio, all you need is a pair of come-kiss-me stilettos, proper white gloves and a smile.

This fashion-forward look plus some funky falsetto harmonies have plucked Marvelous, Sweet, and Delicious from obscurity to T.V. mega-stardom. Last Fall when the leggy gals sang back-up to Ray Charles, the music industry was not alone in taking note. The fashion world went gaga over their minimalist ensembles.

"Not everybody can wear this look, honey," cracked lead singer Marvelous in a recent interview. She then threw down the gauntlet to fashion victims everywhere by declaring, "To pull this off, you gotta be born to it."

Those of us not so well born might best adopt just a piece of the Raisins' pared-down look. White gloves, perhaps.

The less fainthearted take note: legal statutes in your community or state n prohibit this much ex sure, even if it's done the name of high fashi Raisins, male or fema are not bound by any s restraints.

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ips Fresno designer
ie Goodbite, "If it works
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ds."

California Cuisine

Fashion-wise food from Fresno

LONG OR SHORTBREAD

1 cup soft butter
½ cup sugar
1 teaspoon vanilla
2½ cups flour
⅛ teaspoon salt
½ cup raisins

Preheat oven to 275 degrees. Grease two 8" round cake pans. Beat butter and sugar until light and fluffy. Add vanilla. Beat in flour ½ cup at a time. Add salt and beat until well mixed. Stir in raisins. Divide dough into two equal pieces. Pat each piece evenly into the pans, smoothing top. Using a fork, prick the dough every inch. Bake 50 minutes or until pale golden. Let cool 10 minutes. Cut each round into 8 wedges.

COVER GIRL CHEESE BALL

One 8 oz. pkg. soft cream cheese
3 oz. soft blue cheese
¼ cup soft butter
1 Tbls. dry sherry
1 cup chopped walnuts
½ cup raisins

Reserve ½ cup walnuts. Using food processor or mixer combine first three ingredients until well mixed. Add last three and mix well. Refrigerate until firm enough to form into a ball (about 2 hours). Roll ball in reserved walnuts. Cover and chill till firm. Serve with crackers or baguettes. Makes 2¼ cups.

VALERIE GOODBITE'S RAISIN RICE SALAD

¾ cup sliced almonds, toasted
¾ cup diced celery
½ cup sliced black olives
½ cup raisins
½ tablespoon chopped capers or 2 teaspoons chopped dill pickle
4 cups hot, cooked, converted long grain rice
½ cup bottled Italian-style salad dressing

Combine almonds, celery, olives, raisins, and capers in a 2 quart mixing bowl. Stir in hot rice. Pour dressing over mixture and stir well. Pack into a 6 cup bowl, if desired. Chill 2 hours. To serve, unmold onto a serving plate or serve from bowl. Makes 5 cups.

Adieu Paris! Basta Milano! Hello Fresno!

This Fall's ready-to-wear knock-offs won't be sketched



in the chic salons of Europe. Or Japan. Or New York.

Get ready, instead, for Fresno Couture.

Trade papers are rife with rumors that at least three important designers will launch their fall collections from Fresno runways.

Spawned by the Raisins' bad-girl fashions, Fresno Couture relies heavily on just about nothing: sexy pumps and white gloves, bracelets, tambourines — and look for false eyelashes so substantial that with every flutter, one's facial muscles will feel the burn.

Not since the topless swimsuit has a new look so inflamed the public and inspired an industry. As a result, this agricultural town has been transformed into the trendy enclave of California style mongers. In fact, there's a city movement afoot to fund a nationwide public relations campaign. Its message? "Fresno, the Paris of the West."



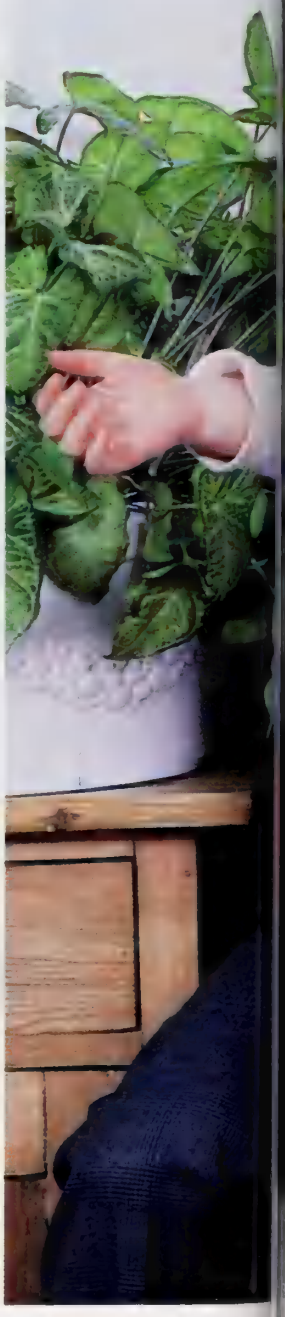
My second chance

When ulcerative colitis threatened the life of the President's son, his only hope was an ileostomy—the surgery nobody talks about. Today, Marvin Bush is speaking out, hoping to help others make the same lifesaving decision



Had things happened differently a few years ago, I might not have been alive to participate in my father's 1988 presidential campaign and election. To think I might not have been here to honor my dad and be a part of history shakes me deeply.

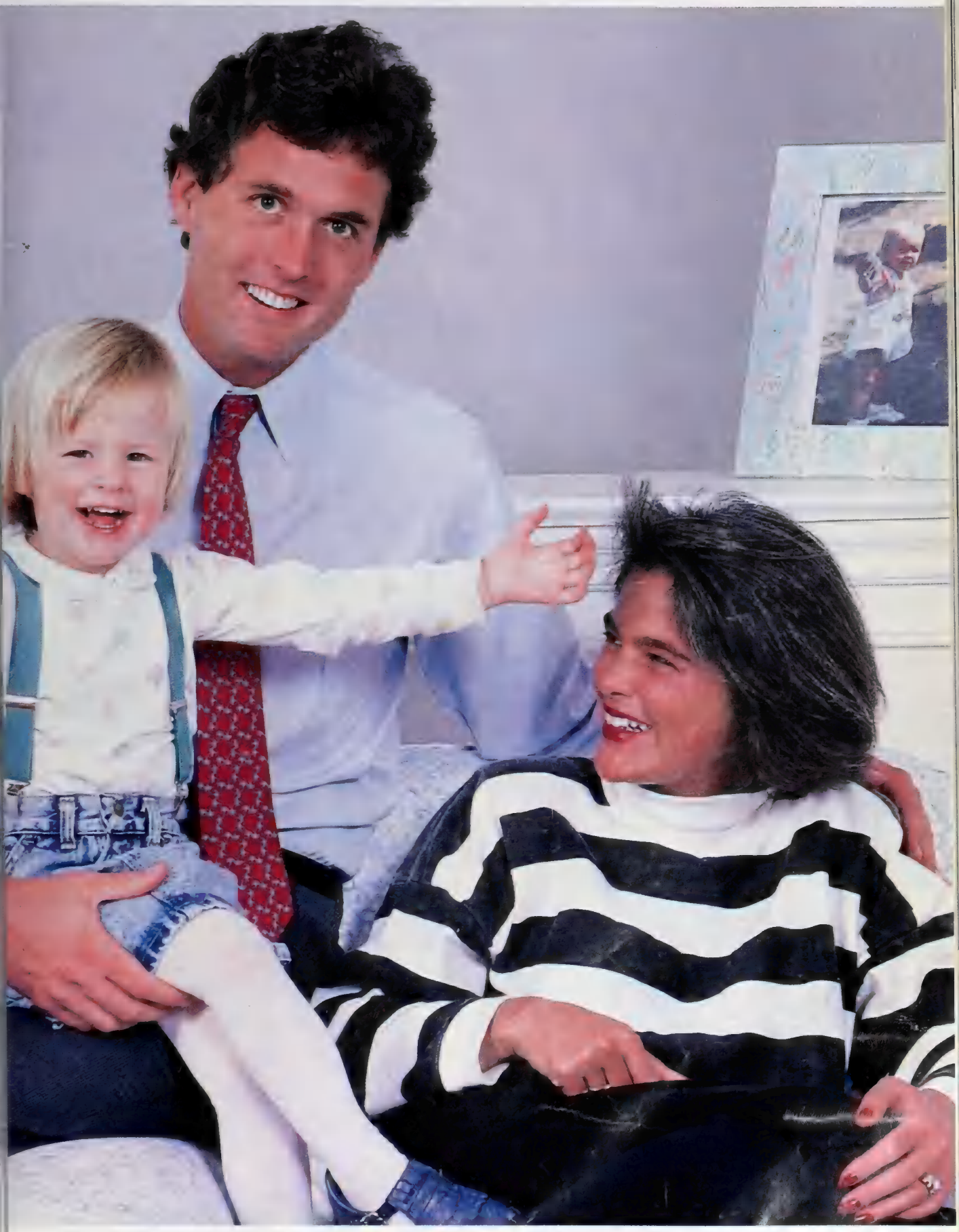
But three years ago, like most young people, I thought I was indestructible. And why not? I was in good shape and very athletic, since sports had always been a big part of life in our family. I was also happily married to my wife, Margaret, whom I'd met when we were both students at the University of Virginia. She had gone on to become a grade-school teacher, and I was enjoying my job as a financial consultant in the Washington, D.C., office of a Wall Street investment firm. Margaret and I were settled in a lovely home in Alexandria, Virginia, with good friends nearby. *(continued on page 192)*



Two years after my surgery, I lead a full life with my wife, Margaret, and our daughter, Marshall (right). We all hit the campaign trail for my dad in '88 (left)

By Marvin Bush

Right photo, Tom Arma.





THE LUCKIEST LITTLE GIRL *in the world*

Although Michelle Funk had been submerged in an icy white-water river for more than an hour, her doctors refused to let her die. In defying the odds, they made medical history





By Amy Sunshine-Genova



Michelle, happy and healthy at age five (left). After she almost drowned, the creek near the Funk home was fenced (upper right). Pam is grateful her daughter is alive (middle); the Funks with their children (above)

It's every mother's worst fear: You turn your back for a minute and your child disappears. On June 10, 1986, terror became reality for Pamela Funk. Pam and her three children—Derek, four, Michelle, two-and-a-half, and baby Nicole—were enjoying a leisurely late-afternoon picnic on their front lawn in Sandy, Utah. Impish and full of energy, little Michelle promptly plopped herself down in the barbecue sauce—wearing a brand-new pair of clean pink pants.

"I ran into the house to rinse out her pants and fix a bottle for the baby," recalls Pam. "By the time I got back outside, Michelle was gone."

She had good cause to be concerned. Just across the street from their home raged a white-water creek, swollen with the runoff from a record snowfall on the Wasatch Mountains, eleven *(continued on page 188)*

Jackie





Photo credits, page 187.

a mother's journey

In 1963, her husband was murdered while the world bore horrified witness; in 1964, she began rebuilding her family's life. Since then, she has raised a son and daughter who would make any parent proud. How did she do it?

In the months following John F. Kennedy's assassination, his widow was appalled by the crowds that gathered outside her Georgetown home, seeking a glimpse of Caroline and John-John. She knew that her two fatherless children had captured the heart of a nation, and that knowledge was frightening. "The world is pouring terrible adoration at the feet of my children, and I fear for them, for this awful exposure," Jackie lamented to a friend, interior decorator Billy Baldwin. "How can I bring them up normally?"

Clearly, she found a way. At thirty-one, Caroline is a Columbia Law School graduate, the wife of artist/designer Edwin Schlossberg, and the mother of a baby girl. She can often be seen (but in her casual dresses













By Caryl S. Avery

and sneakers, she's not likely to be noticed) pushing her baby carriage in New York's Central Park. Across town, on the West Side, John, twenty-eight, bicycles or takes the subway to New York University Law School, where he's completing his final year.

Of course, they are not angels: Caroline has been known to pull rank to get to the head of lines, while John is not above sending a stripper to "interview" with a friend who was looking for a secretary. But that seems to be about as bad as it gets. The two most celebrated Kennedy kids have, with the help of their mother, managed to avoid the drinking and drug problems that have plagued some of their cousins. The *(continued)*

Trying to raise a family in the public eye (clockwise from opposite page): Jackie with her grown-up kids; a happy White House childhood; John-John's heartbreaking farewell to his father; Jackie finds time for sleighing, ice cream, bicycling and school escort duty. Even after Jackie's marriage to shipping magnate Aristotle Onassis, her children remained her top priority



Jackie
a mother's journey



Jackie (with Caroline and with John and Teddy Kennedy, Jr.) skillfully steered her children through adolescence

(continued) question is how.

For a woman of few words (she gives no interviews and surrounds herself with equally closemouthed friends), Jackie has revealed a great deal about her philosophy of mothering. From her comments and actions over the years, four principles emerge:

1. *Mothering is a do-it-yourself job.* Although she was able to hire help—and did—Jackie never abandoned her children to nannies. "It isn't fair to children in the limelight to leave them to the care of others and then to expect that they will turn out all right," she has said.

2. *Love means getting tough when you have to.* She has never been afraid to put her foot down with her kids. And she knows that while discipline is to be expected, it must be mixed with an equal dose of affection.

3. *A home is more than a house.* "I want to give them some kind of sanctuary," Jackie has said, "some place to take them into when things happen to them."

4. *Children should be heard as well as seen.* "The thing children need most is attention," she has said. Jackie gave Caroline and John not only attention but also the freedom to express their feelings.

A full-time mother

When she committed herself to mothering, Jackie was all too aware of the deficiencies in her own upbringing and in her husband's. She was the product of a broken home, overindulged one minute and neglected the next. Jack grew up in a go-for-broke family where "Kennedys don't cry," where winning was everything. Of course, Jackie also recognized that their upbringing had bestowed on them certain assets: education, taste, courage and wit. And in her own parenting, she was determined to take the best from those backgrounds and leave (or make up for) the rest.

Having suffered a miscarriage early in her marriage and given birth to a stillborn baby girl in 1956, Jackie was all the more ecstatic at the birth of Caroline Bouvier Kennedy on November 27, 1957. "That child made all the difference in the world to her," said a Georgetown friend. And so did John F. Kennedy, Jr., delivered on November 25, 1960, the first baby ever born to a President-elect of the United States and his wife.

Experts say that when a woman has had a great deal of difficulty bearing children, as Jackie did, the trauma can affect subsequent parenting in a number of ways. "She may overprotect them or spoil them, or even reject them, because of a heightened vulnerability to loss," says Marilyn Ruman, Ph.D., a psychologist in Encino, California. "Or she may appreciate her children all the more and make them a priority."

That seems to be what happened with Jackie: So much did she value her little ones that she vowed to play a major role in their lives despite the fact that it was customary for women of her class to leave their child raising to governesses. "If you bungle raising your children," she said when she was First Lady, "I don't think whatever else you do well matters very much." She insisted, "Children need their mother's affection and guidance and long periods of time alone with her."

Not that Caroline and John didn't have a nanny; they did, a warm, older British woman named Maud Shaw. Yet Jackie always seemed to distinguish between caretaking and caring. It was fine to leave the dressing and driving to someone else. But when it came to real problem-solving, she wanted to be involved.

Jackie's own biggest problem during the White House years—and afterward—was maintaining privacy for her children. She came up with some creative solutions. To ensure Caroline's privacy, she established a school in the White House, with the help of Susan Wilson, a former Vassar College classmate. "I think the school was indicative of Jackie's desire to create an environment where her children could have access to other kids," says Wilson. Comprised of twenty-one students, the school occupied two rooms above the Oval Office; its students were the offspring of the President's New Frontiersmen or personal friends of the Kennedys.

Most mornings when she was in town, the First Lady could be found there, watching the youngsters learn French or ballet positions. "Jackie had a knack with kids, *all* kids," says one friend. Susan Wilson recalls: "She asked questions in a way that always elicited a response and explained things so they'd really understand.

"Her public persona is cool, cerebral. But you saw another side of her with children, especially *her* children. When she was with them, she showed an intense, loving concern. *(continued)*

STIR-FRY IN MINUTES WITH SWANSON®



RECIPE

SAUCY CHICKEN STIR-FRY

sp. vegetable oil
ıp carrots cut in 2" long
in strips
ıp diagonally sliced
ıcchini
up quartered
ıushrooms
sp. cornstarch
ın (14½ oz.) Swanson® ear Ready to Serve
ıicken Broth
1 tbsp. soy sauce
1 tsp. grated fresh ginger
2 cans (5 oz. *each*) Swanson® Premium Chunk White Chicken or Swanson® Premium Chunk White Turkey, drained
Hot cooked rice
2 tbsp. diagonally sliced green onions

10" skillet over medium heat, in hot oil, cook carrots, zucchini nd mushrooms until tender-crisp.
bowl, stir together cornstarch, chicken broth, soy sauce and nger until smooth. Gradually stir into vegetables. Cook over edium heat until mixture boils and thickens, stirring often.
ently stir in chicken; heat through. Serve over rice. Sprinkle ith onions. Makes 3½ cups or 4 servings.

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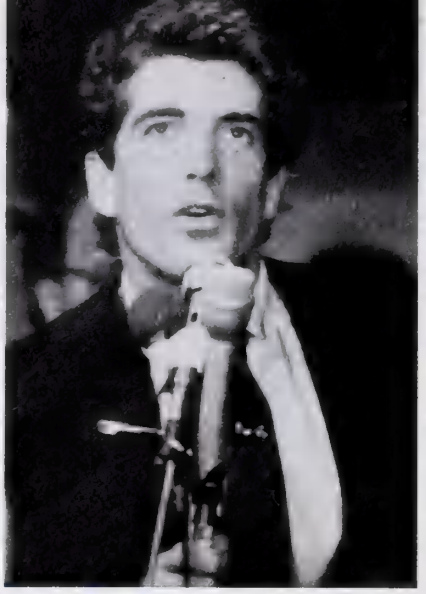
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With JFK, Jr., a fledgling prosecutor and Caroline a new mother, Jackie can take pride in her greatest achievements: her children

Jackie
a mother's journey

(continued) When you can make a child feel so precious to you, I think that's what gives confidence and self-esteem."

That doesn't mean Jackie wasn't a disciplinarian as well. "But she never criticized in a way that could really hurt," says Wilson. That may have been in reaction to her own upbringing. After Jackie's parents divorced, they competed fiercely for their daughters' affection. For years it was no contest: The dashing "Black Jack" Bouvier had Jackie and her sister Lee on weekends and spoiled them royally. Perhaps resentful that Jackie preferred her father, her mother, Janet, became highly critical of her. It may well be that Jackie made a conscious effort not to repeat that destructive behavior.

Jackie may also have valued discipline because of the atmosphere created by her father's drinking. "Generally speaking, in families where there is a problem drinker, discipline is not consistent, but dependent on the mood of that person," says Maureen Dudley, supervisor of counselors at St. Mary's Rehabilitation Center, in Minneapolis. "And when you have inconsistent discipline, you have insecure children." Having experienced insecurity herself, Jackie may have been all the more motivated to set firm boundaries for her own children.

On the other hand, there is evidence that she tried to avoid the trap her mother fell into of becoming the sole disciplinarian. So she was playful, too, with her children, hitching Caroline's pony, Macaroni, to a sleigh and giving the children rides around the White House grounds.

Nor was Jackie the only one to join in child's play. "The President always had the children come down to the Oval Office before they left for the day," recalls broadcaster Sherrye Henry, whose daughter Elizabeth went to the White House school with Caroline. "He'd keep candy in his pockets, and if it was a pretty day he'd lead them outside like the Pied Piper. Then he'd roll on the ground, and the children would tumble on top of him, digging in his pockets for the candy!"

That golden age came to an end on November 22, 1963, when Kennedy was killed. Jackie, who had lost a newborn son, Patrick, just three months earlier, had now lost her husband. But even in the midst of her overwhelming grief, her first thought was of her children: She made sure they were told about their father's death before they heard it from friends. "Your father has gone to look after Patrick," their nanny told Caroline.

And she made sure the children felt they had a chance to say good-bye. Before the funeral, the widow wrote a parting letter to her husband and told her daughter, "You must write a letter to Daddy now, and tell him how much you love him." Caroline printed, "Dear Daddy: We are all going to miss you. Daddy I love you very much. Caroline." Not old enough to write, John signed his sister's letter with an X. The letters were placed in Kennedy's coffin.

Healing the wounds

If Jackie helped the nation begin to heal on the day of Kennedy's funeral, she did the same for her children. Having Caroline view her father's coffin and John give his final salute served an important purpose. "Participating in such rituals reinforces at a crucial moment the sense of family, of togetherness, of belonging," says Stanley Turecki, M.D., a child psychiatrist in New York City.

"When a mother can acknowledge her own sadness," says Donald Cohen, M.D., a child analyst in New York City, "it allows her children to do that, too"—the first step in healing.

But Jackie also knew that there must be a time for celebrating life. The day of the funeral was John Jr.'s third birthday. Although many people suggested that his party be postponed, his mother insisted it be held as planned. Two days later, on Caroline's birthday, Jackie gave another party, says Sherrye Henry. "Of course, all of us adults were in tears, but not Mrs. Kennedy. She did what I couldn't have done."

After moving back to Georgetown following the assassination, Jackie did everything possible to maintain continuity for her children. She asked JFK's special assistant, Dave Powers, to come over every day and play soldier with John, as he used to in the White House. "He'll remember his father through associations with people who knew Jack well," Jackie said.

However, *(continued on page 196)*

Over-achiever.

This is an extremely ambitious cigarette. Even though it is an ultra light, it promises to deliver a richer, more satisfying taste than you'd ever expect at such low tar levels. And judging by the fact that it has quickly become one of America's fastest growing brands, Merit Ultra Lights is fulfilling that promise. Enriched Flavor™ is the reason why. Only Merit has it. So raise your expectations of ultra low tar. Switch to Merit Ultra Lights.

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bedtime STORIES



By Marilyn Diane Glass Decorating and Design Editor

Once upon a time there were three families—each with a vision of the perfect bedroom. One liked cozy country; another, Victorian elegance; and the third, an up-to-the-minute look. Here, a tale of their good-night retreats and the clothing they love to relax in



Photographed at the Pig Hill Inn, reservations available through Bed and Breakfast USA, LTD.; flowers by Sylvia Floral Design; comforter and sheets, from the Ralph Lauren Home Collection; twig & wicker baskets, rug, wood animals, Kenya bag, miniature chair on shelf, Laytner's; lamps, America Hurrah ; blue trunk, Evergreen Antiques; frame, Exposures; bark container, Origin; books, B. Dalton Book Seller. All photos: Nesti Mendoza. Hair and makeup: Philippe Becker for Timothy Priano, Inc. Details, page 187.

rustic charm

Whether it's just a siesta or some serious shut-eye, there's nothing more comfortable than falling asleep in front of a flickering fire. How to capture the same down-home feeling if you don't have a bedroom fireplace? Wood warms up a room instantly—note the walls, twig armchair and bed, and storage trunk at the foot of the bed. A Southwest–inspired throw rug, grapevine wreath and folk-art finds like the carved-wood kitty complete the country detailing.



Welcome to the warm country life, where the accent is on simple patterns like stripes and checks. Far left, the whole clan teams up in toasty tartans

bedtime STORIES



White wicker may be outdoor garden-party furniture by tradition, but we used it here to highlight this fresh, bright Victorian setting

Photographed at the Pig Hill Inn; flowers by Sylvia Floral Design; antique iron bed, wicker table, Alice's Antiques; sheets, table skirt, lamp shades, soap dish, matching hatbox and pillows, Laura Ashley; all art, Fischbach Gallery; dhurrie rug, ABC Carpets, Inc.; comforter, pillows, Scandia Down Shops; wine tray, large floral pillow, napkins, china, Pierre Deux; upholstered chair, porcelain footbath, Bardith; sheer white curtains, Country Curtains; oval hatboxes, jewelry, Lillian August Collection; small pillows, white frame, In Detail; mohair throw, Mabel's.



All dressed in white, mother and daughter choose the same romantic bedclothes. Below, an antique armoire houses a stereo, TV and clothing



suite romance

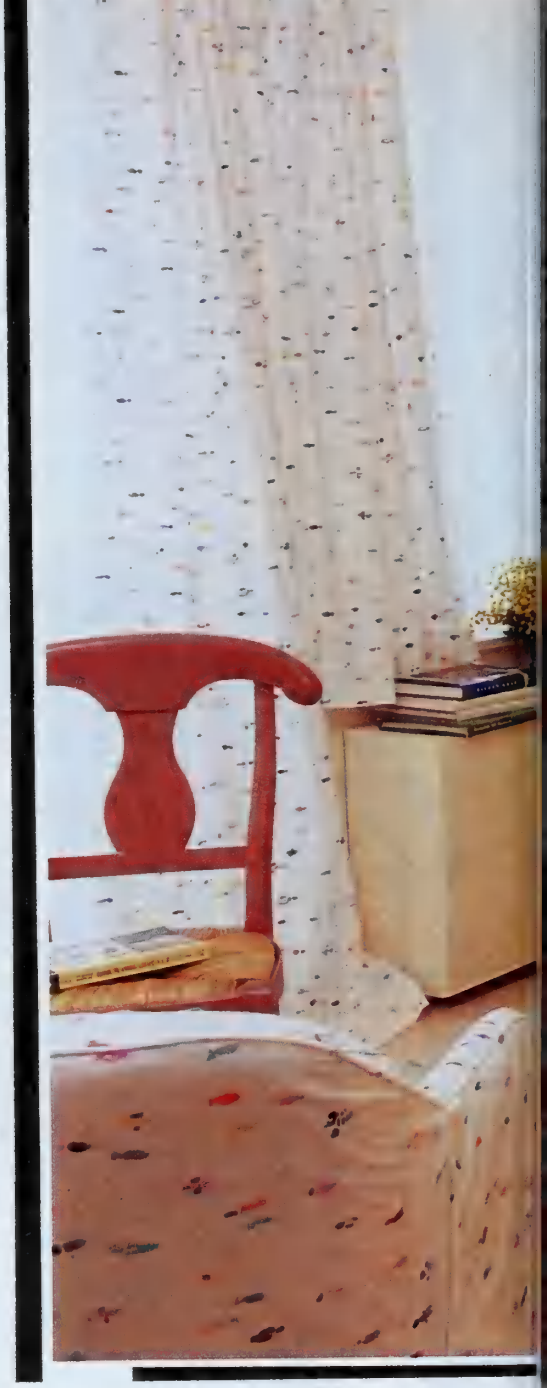
Even better than a bed of roses are layers of comfy floral linens to cuddle down on—they're the key to this room's luxuriant old-world look. We let flowers bloom all over the room, from the fresh-cut arrangements right down to the carpet. The brass bed and reading lamp cast a regal glow on the lush setting. For extra flair, we scattered pretty pillows throughout (they also make the mahogany settee an all-the-more inviting place to sit!). The additional seating gives this retreat a relaxed, living-room feeling.



bedtime STORIES

Just because you've got office equipment at home doesn't mean your home has to look like your office. This work area blends right in with the clean design





a riot of color

Want a sure way to make a bedroom rise and shine? Go for vibrant, sunny hues set against a backdrop of white. This mix of bright blue, pink and yellow gives the pared-down Shaker design a standout contemporary style. We set the four-poster bed at an angle for added interest. One fanciful flourish—big bows on the duvet cover take the place of a traditional dust ruffle. (Curtains, slipcovers and the duvet cover can easily be made from sheets.)







Adopting a casual dress code is a family affair! Cotton tees, leggings (to wear with sweatshirts or sweaters) and scrunch socks are playtime faves

Carpeting, Du Pont "Stainmaster" by Philadelphia; bed, secretary, Habersham Plantation; dresser, Blair House; desk chair, Grange; sheets, fabric for slipcovers and draperies, Sheridan; Ascensia white goose down comforter and pillows, Scandia Down Shops; large watercolor, Avanian Gallery; rag rugs, the Gazebo; computer, Compaq, Portable II, available from All Service Computer Rental; Fiestaware, Harlequin dinnerware, Mount Indigo; clock, Prince Vintage Lighting; telephone, GTE; lamps, George Kovacs; "Spacemaker" TV, GE Consumer Electronics; pen, Cross; sheer curtains, NKA Fine Linens & Textiles, NYC; books, B. Dalton; rice-papered walls designed by Richard Cava; all drapery and upholstery work by Ceal King; small TV cabinet designed by Thom Degesu; flowers, The Windsor Florist.

bedtime STORIES

AHHH, THIS IS THE LIFE
Afford yourself the real luxuries . . . a lazy Sunday morning playing with the children, reading the paper or even breakfasting in bed. We've got decorating and fashion ideas to help you relax to the max





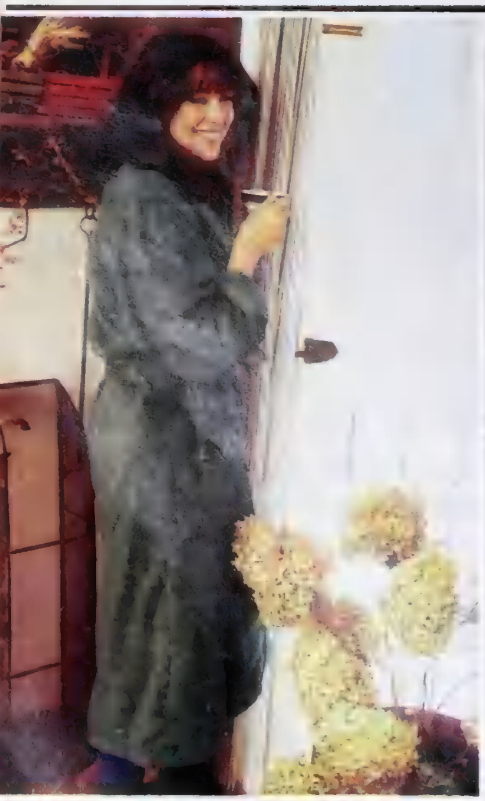
Winding down from a long, busy day? Make your loungewear as comfortable as you've made your surroundings

■ For the ultimate indulgence, invest in a down comforter. Those filled with white goose down and covered with 100 percent cotton are a good buy. (Look for a thread count of 230 or higher—it's a tighter weave that will keep down from poking through.)

■ Want to vary the look of your bed with the season? Snap on a duvet cover in a different color and fabric.

■ Remember that color can affect your mood. Surround yourself with white for a light, airy feeling—lace curtains, thick white towels and a terry robe. Country naturals—blue, red and green accented with denim—are the time-honored favorites for casual ease. Eye-opening brights—uninhibited colors like sunny yellow, bubble-gum pink, turquoise, grape and orange—are instant cheer-you-up choices.

■ Scents appeal: Set out a small glass bowl of floral potpourri; carry the aroma to your clothes by using quilted, scented hangers and sachets in closets and drawers.



clothes cues

When you want to slip into something more comfortable, these fabrics can't be beat. **COUNT ON COTTON** Naturally absorbent and lightweight, cotton pieces layer easily. Keep plenty of cotton T-shirts on hand to wear under wools and heavy cottons. Scoop up Shaker-knit sweaters in a rainbow of colors, soft sweats in cotton fleece, oversize flannel shirts and pajamas, and of course, prewashed denim for your favorite pair of jeans. **WRAPPED IN WOOL** For warmth and durability, big wool sweaters are a best bet—fisherman's knit, lamb's-wool, angora, merino wool and cashmere. **SILK SAVVY** Look for supersoft washable silk in big, easy shapes, quilted for extra warmth.

To help settle into the sleep mode—a hot bowl of soup, a thick terry robe . . . z-z-z-z-z




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HOW CHEDDAR CHEESE GIVES PLAIN VEGETABLES A TASTE YOU'LL FANCY

This bunch of broccoli was utterly uninspired, until a simple cheddar sauce melted your heart. How could something so easy make such a difference? Try this simple recipe and see!

MICROWAVE CHEDDAR SAUCE RECIPE

Heat 1 c. milk 2 minutes on medium high. Set aside. Melt 2 Tbs. butter 1 minute on high. Stir in 2 Tbs. flour, heat 1 minute more on high. Briskly stir in warm milk. Blend well. Cook on high 2½ minutes, or until boiling. Stir in 1 c. grated cheddar cheese. Blend well.



America's Dairy Farmers
National Dairy Board

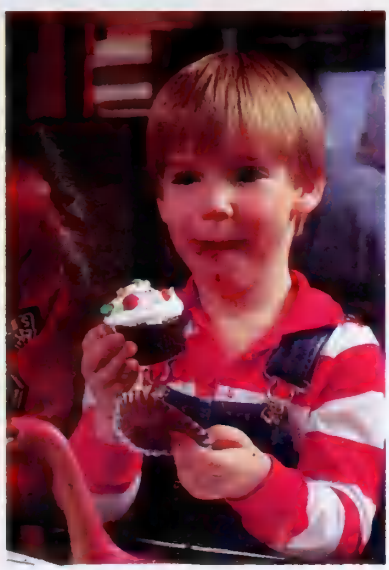


Inventive cooking ideas to please the whole family plus easy-to-use recipes make for a month of great eating

food JOURNAL



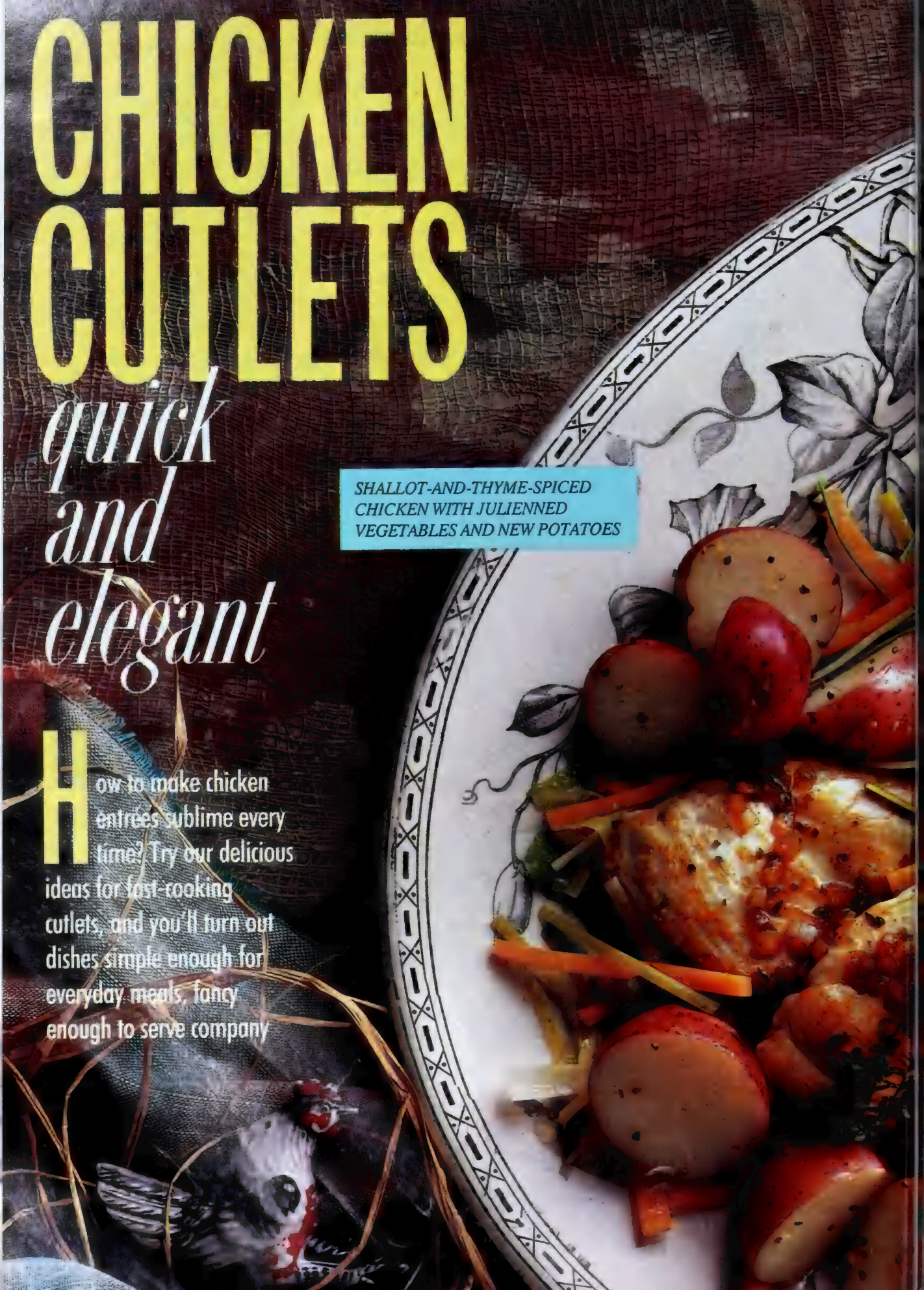
FEAST YOUR EYES ON A sample of what's in store for March... When winter lingers, cheer up instantly with our **comfort foods**... Check out a slew of new quick, easy ways to turn **chicken cutlets** into elegant entrées ... Indulge your friends and loved ones with **dazzling desserts**... Count on delicious recipes full of essential minerals, because **you are what you eat**... Celebrate St. Paddy's Day with our Irish soda bread—guaranteed to bring good luck!





CHICKEN CUTLETS

quick and elegant



SHALLOT-AND-THYME-SPICED CHICKEN WITH JULIENNED VEGETABLES AND NEW POTATOES

How to make chicken entrées sublime every time? Try our delicious ideas for fast-cooking cutlets, and you'll turn out dishes simple enough for everyday meals, fancy enough to serve company

Pickles, Mac 'n Cheese, Pies, Hydro, Meaty Nibbles for Hydro, Veg Sandwiches

CHICKEN CUTLETS
continued

Easy · Moderate · Challenging · (M) Microwave



MOROCCAN CHICKEN CUTLETS

This aromatic North African dish is ready in thirty minutes.

Prep time: 15 minutes
Cooking time: 15 minutes

- 1 tablespoon vegetable oil
- 1½ pounds chicken cutlets, about ½ inch thick
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ½ cup chopped onion
- 1 teaspoon minced garlic
- ¼ teaspoon each ground ginger, cumin and turmeric
- ⅛ teaspoon cinnamon
- ⅛ teaspoon ground red pepper
- 1 can (13¾ or 14½ oz.) chicken broth
- 4 carrots, sliced thin
- 1 cup canned chick-peas, rinsed and drained
- 1 pound zucchini, halved lengthwise and sliced ¼ inch thick

Heat oil in 12-inch skillet over medium-high heat. Sprinkle both sides of chicken cutlets with salt and pepper. Add half the cutlets to skillet and sauté just until cooked through, 1½ to 2 minutes per side. Transfer to serving platter and keep warm in oven. Repeat with remaining cutlets.

Add onion to skillet; cook, stirring frequently, 3 minutes. Stir in garlic and spices and cook 30 seconds. Add broth, carrots and chick-peas. Bring to boil, cover and cook 5 minutes. Stir in zucchini and cook covered just until tender, about 2 minutes more. Spoon vegetables over chicken. Serve with couscous or rice. Makes 4 servings.

Nutrition info per serving: 360 calories, 45 gm protein, 8 gm fat, 27 gm carbohydrates, 1,105 mg sodium, 99 mg cholesterol



COMFORT CHICKEN ROLLS WITH MUSHROOMS AND CREAM

Faster than roast chicken with stuffing, the cutlets are rolled around herb stuffing, sautéed and served with creamy gravy.

Prep time: 25 minutes
Cooking time: 20 minutes

- 4 tablespoons butter or margarine
- 1 cup fresh bread crumbs
- 2 tablespoons chopped fresh parsley
- Pinch thyme
- Salt and freshly ground pepper
- 1½ pounds chicken cutlets, about ½ inch thick
- ½ cup finely chopped shallots or onion
- 2 cups sliced fresh mushrooms
- ½ cup chicken broth
- ½ cup heavy or whipping cream

Melt butter in large skillet over medium heat. Combine bread crumbs, parsley, thyme, and pinch *each* salt and pepper in mixing bowl. Stir in 2 tablespoons butter until crumbs are moistened.

Sprinkle both sides of chicken cutlets lightly with salt and pepper. Place 2 tablespoons crumb mixture on small end of each cutlet. Roll up each cutlet and secure with toothpicks.

Reheat remaining butter in same skillet over medium-high heat. Add chicken rolls and sauté until browned all over, 5 minutes. Transfer to plate.

Add shallots to skillet and cook, stirring constantly, until translucent, about 1 minute. Add mushrooms; cook until lightly browned, about 2 minutes more. Pour in chicken broth and cream and bring to boil. Add chicken rolls, reduce heat and simmer covered 5 minutes. Turn rolls and simmer uncovered until chicken is cooked through and sauce is thickened, about 5 minutes more. Remove toothpicks from rolls. Serve with rice or mashed potatoes. Makes 4 servings.

Nutrition info per serving: 450 calories, 43 gm protein, 26 gm fat, 12 gm carbohydrates, 444 mg sodium, 171 mg cholesterol



BISTRO CHICKEN SALAD

Heaven on earth—warm chicken in a salad of fresh greens, toasted walnuts, crisp bacon and tangy cheese.

Prep time: 25 minutes
Cooking time: 20 minutes

- 4 ounces spinach leaves (about 4 cups)
- 4 ounces chicory, torn (about 4 cups)
- 2 ounces radicchio, torn, or red cabbage, shredded (about 2 cups)
- 4 slices bacon, chopped
- 1 pound chicken cutlets, about ½ inch thick
- 3 tablespoons walnut halves
- 2 tablespoons minced shallots or onion
- 2 tablespoons cider vinegar
- ¼ cup olive oil
- Salt and freshly ground pepper
- 2 ounces Roquefort cheese, crumbled (about ¼ cup)

Combine spinach, chicory and radicchio in large salad bowl. Cook bacon in large skillet over medium-high heat until crisp. Drain bacon on paper towels. Pour off all but 2 tablespoons drippings in skillet. Add half the chicken cutlets and the walnuts; sauté just until chicken is cooked through, 1½ to 2 minutes per side. Transfer chicken and walnuts to plate; cover and keep warm. Sauté remaining chicken. Reduce heat to medium. Add shallots and cook, stirring frequently, until translucent, about 2 minutes. Pour in vinegar and boil, scraping up browned bits on bottom of pan. Remove from heat; whisk in oil and salt and pepper to taste. Pour over greens and toss to coat.

Slice chicken and fan slices over greens. Sprinkle with walnuts, bacon and cheese. Serve with garlic bread. Makes 4 servings.

Nutrition info per serving: 440 calories, 34 gm protein, 31 gm fat, 5 gm carbohydrates, 527 mg sodium, 90 mg cholesterol



PISTACHIO CHICKEN

Crisp, nutty and crunchy on the outside, this chicken stays moist and juicy inside.

Prep time: 10 minutes
Cooking time: 4 to 6 minutes

- 6 tablespoons all-purpose flour, divided
- 1 pound chicken cutlets, about ½ inch thick
- 1 large egg
- ½ cup unsalted shelled pistachios or almonds
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- ¼ cup butter or margarine
- Lemon wedges, for garnish

Place 2 tablespoons flour on plate. Coat chicken cutlets with flour and shake off excess. Place in single layer on wax paper or wire rack.

Lightly beat egg in shallow bowl. Process remaining 4 tablespoons flour with the nuts, salt and pepper in blender until finely chopped; transfer to shallow bowl or plate.

Heat butter in 12-inch skillet over medium-high heat. Dip one cutlet at a time in egg, coat with pistachio mixture and add to skillet. Sauté cutlets until golden brown, 2 to 3 minutes per side. Drain on paper towels. Serve with lemon wedges and mashed sweet potatoes. Makes 4 servings.

Nutrition info per serving: 385 calories, 31 gm protein, 23 gm fat, 14 gm carbohydrates, 760 mg sodium, 165 mg cholesterol

(continued)

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CHICKEN CUTLETS
continued



CAJUN CUTLET SANDWICH

Peppery chicken cutlets are cooled down with lemon mayonnaise and crisp lettuce on hearty bread.

Prep time: 15 minutes
Cooking time: 6 minutes

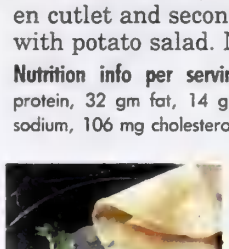
- ½ cup mayonnaise
- 1 tablespoon chopped fresh parsley
- 1 teaspoon fresh lemon juice
- ½ teaspoon grated lemon peel
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ½ teaspoon cumin
- ¼ teaspoon paprika
- ⅛ teaspoon ground red pepper
- 4 chicken cutlets, about ½ inch thick
- 3 tablespoons butter or margarine, melted
- 8 slices (½ in.) Italian bread from large round loaf, toasted
- 4 lettuce leaves
- thin slices red onion

Mix mayonnaise, parsley and lemon juice and peel in small bowl. Mix salt, pepper, cumin, paprika and red pepper in wide shallow bowl. Add chicken cutlets to spice mixture; turn to coat, then brush both sides with melted butter. Place in single layer on wax paper.

Heat well-seasoned large cast-iron skillet over medium-high heat just to smoking. Add half the cutlets and sauté just until cooked through, 1½ to 2½ minutes per side. Transfer to plate and cover to keep warm. Repeat with remaining cutlets.

Spread 1 tablespoon lemon mayonnaise over each slice bread; top 4 with lettuce leaf, 2 slices onion, chicken cutlet and second slice bread. Serve with potato salad. Makes 4 servings.

Nutrition info per serving: 465 calories, 29 gm protein, 32 gm fat, 14 gm carbohydrates, 710 mg sodium, 106 mg cholesterol



CHICKEN OLÉ

A snap to make, this dish will fast find a place in your repertoire.

Prep time: 5 minutes
Cooking time: 7 to 10 minutes

- 1 tablespoon vegetable oil
- 1 pound chicken cutlets, about ½ inch thick
- Salt and freshly ground pepper
- ¼ cup enchilada sauce, mild or hot
- 1 can (4 oz.) whole green chilies, drained a cut into thick strips
- 4 ounces sliced Monterey jack cheese
- 2 tablespoons chopped fresh cilantro
- Sour cream, for serving

Heat oil in large skillet over mediu high heat. Sprinkle both sides of chi en cutlets with salt and pepper. A cutlets to skillet and sauté until go en brown, 2 to 2½ minutes per si Reduce heat to medium. Spoon enc lada sauce over chicken; top with cl ies and cheese. Cover skillet and c until cheese melts, about 3 minut Transfer to serving platter and spr kle with cilantro. Serve with s cream and warm buttered tortil Makes 4 servings.

Nutrition info per serving: 275 calories, 34 protein, 13 gm fat, 3 gm carbohydrates, 535 sodium, 91 mg cholesterol



MEDITERRANEAN CHICKEN CUTLETS

The chicken topped with quick, assertive tomato sauce with ives and capers.

Prep time: 10 minutes
Cooking time: 15 minutes

- 1 tablespoon vegetable oil
- 1½ pounds chicken cutlets, about ½ inch th
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 teaspoons minced garlic
- 1 can (14 oz.) Italian plum tomatoes
- ¼ cup chopped pitted cured olives
- 2 tablespoons chopped fresh parsley
- 1 tablespoon drained capers

Heat oil in large skillet over mediu high heat. Sprinkle both sides of chi en cutlets with salt and pepper. A half the cutlets to skillet and sa just until cooked through, 1½ to 2 m utes per side. Transfer to serving p ter and keep warm in oven. Rep with remaining cutlets.

Add garlic to skillet and cook, s ring constantly, 30 seconds. Add to toes; cook, stirring and breaking tomatoes with wooden spoon, u thickened, about 5 minutes. Stir in ives, parsley and capers; heat throu Spoon sauce over cutlets. Serve w pasta. Makes 4 servings.

Nutrition info per serving: 255 calories, 40 protein, 7 gm fat, 5 gm carbohydrates, 665 sodium, 99 mg cholesterol

HICKEN CUTLETS WITH INED VEGETABLES

red on pages 158-159
eart-smart dinner—no butter or n—but plenty of flavor and color.
ime: 30 minutes ○
g time: 10 minutes

nd carrots, julienned
nd leeks, rinsed well and julienned
spoons vegetable oil
nd chicken cutlets, about ½ inch thick
spoon salt
spoon freshly ground pepper
chopped shallots or onion
spoon thyme
chicken broth
balsamic vinegar

n carrots and leeks on rack set boiling water in large saucepan tender, about 5 minutes. Trans- serving platter and keep warm en.

anwhile, heat oil in 12-inch skil- ver medium-high heat. Sprinkle sides of cutlets with salt and pep- Add to skillet and sauté just until d through, about 1½ minutes per Arrange chicken on top of vegeta- and return to oven.

d shallots and thyme to skillet; stirring frequently, 2 minutes. in broth and vinegar. Bring to and boil 5 minutes, stirring and ing up browned bits on bottom of Pour sauce over chicken. Serve new potatoes. Makes 4 servings.

n info per serving: 280 calories, 30 gm 5 gm fat, 30 gm carbohydrates, 490 mg 66 mg cholesterol

IOUS SIDE DISHES These are per- o-withs for our chicken entrées, nly three ingredients each

OTATOES WITH LEMON AND PEPPER

1½ pounds new potatoes and cut lf. Arrange in 9-inch microwave- pie plate and sprinkle with 2 ta- ons water. Cover with plastic turning back one corner to vent. wave on High until tender, about utes. Drain and transfer to serv- sh. Grate ½ teaspoon peel from ; cut lemon in half and squeeze 1 spoon juice. Add lemon peel, juice oarsely ground pepper to pota- toss to combine. Serve hot with Chicken Cutlets. Makes 4 serv-

n info per serving: 135 calories, 4 g protein, 31 g carbohydrates, 284 mg sodium, 0 mg ol

E MASHED SWEET POTATOES

1½ pounds small sweet potatoes ork. Wrap each in plastic wrap icrowave on High until soft, 6 to 8 minutes, rearranging potatoes every 2 minutes. Split potatoes and scoop flesh into mixing bowl. Grate ¼ teaspoon peel from orange; cut orange in half and squeeze 2 tablespoons juice. Add orange peel and juice and 3 tablespoons butter or margarine to potatoes and mash until smooth. Serve hot with Pistachio Chicken. Makes 4 servings.

Nutrition info per serving: 210 calories, 2 g protein, 9 g fat, 31 g carbohydrates, 104 mg sodium, 23 mg cholesterol

FETTUCCINE WITH OLIVE OIL AND RED PEPPER

Cook 8 ounces dried fettuccine according to package directions. Drain and toss with ¼ cup extra-virgin olive oil and ½ teaspoon red pepper flakes. Serve with Mediterranean Chicken Cutlets. Makes 4 servings.

Nutrition info per serving: 340 calories, 7 g protein, 17 g fat, 41 g carbohydrates, 2 mg sodium, 53 mg cholesterol

COUSCOUS WITH ALMONDS AND PARSLEY

Cook 1 cup instant couscous according to package directions. Fluff with fork and toss with ¼ cup toasted sliced almonds and ¼ cup chopped fresh parsley. Serve with Moroccan Chicken Cutlets. Makes 4 servings.

Nutrition info per serving: 155 calories, 5 g protein, 3 g fat, 28 g carbohydrates, 7 mg sodium, 0 mg cholesterol

Recipes developed by Carol Prager, Kathy Jackette and Lisa Brainerd. ■





You are what you eat



Does the food you eat contain the nutrients most beneficial to your body? Two essential minerals that women don't get enough of are calcium and iron.

Iron (found in red meat, liver, leafy green veggies, dried beans, dried fruits, potatoes, enriched breads and cereals) is key for forming hemoglobin in the blood (which provides oxygen to cells) and preventing anemia. Since vitamin C boosts iron absorption, try drinking orange juice with an iron-rich meal. Coffee and tea are iron inhibitors, but a glass of white wine increases iron absorption!

Calcium (found in milk and dairy products, sardines and canned salmon with bones, tofu, leafy green veggies) strengthens bones, prevents osteoporosis and helps regulate blood pressure. To improve calcium utilization, eat high-calcium foods with those high in vitamin D and magnesium.

Read on for info on other minerals, as well as delicious recipes for iron- and calcium-packed meals.

By Patricia Cobe



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WHAT YOU EAT
continued

Easy ◒ Moderate ● Challenging Ⓜ Microwave



THREE-CHEESE AND CARROT TART

This rich-tasting tart is high in beta-carotene and calcium and surprisingly low in fat. Cottage cheese adds creaminess without the fat.

Prep time: 35 minutes ○
Baking time: 30 minutes

- 2 tablespoons olive oil, divided
- 12 ounces all-purpose potatoes
- ¾ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 2 cups shredded carrots
- 1 medium onion, chopped
- 1 teaspoon minced garlic
- 3 large eggs, lightly beaten
- 1 cup cream-style cottage cheese
- ¾ cup milk
- ½ cup shredded Gruyère cheese
- 2 tablespoons chopped fresh parsley
- 2 tablespoons freshly grated Parmesan cheese

Preheat oven to 425°F. Grease 9 quiche dish or pie plate with 1 t spoon oil. Peel potatoes; shred, and squeeze dry in kitchen t Place potatoes in dish, sprinkle half the salt and pepper and to blend. Spread in thin layer over tom of dish. Bake 25 minutes, lightly browned. Reduce heat to 3

Heat remaining 1 tablespoon large skillet over medium heat. carrots, onion and garlic; cook, sti frequently, until softened, abo minutes. Whisk eggs, cottage ch milk, Gruyère, parsley and remai salt and pepper in mixing bowl. S carrot mixture. Pour over potato and sprinkle with Parmesan. Bak minutes, until puffed and lig browned. Serve hot. Makes 4 serv

Nutrition info per serving: 355 calories, 2 protein, 21 gm fat, 23 gm carbohydrates, 8 sodium, 238 mg cholesterol.



SEATTLE SALMON CAKES WITH KALE

Both canned s on and kale loaded with calcium, and salmon ha cholesterol-lowering bonus of ome fatty acid as well. Use it bones and a

Prep time: 30 minutes
Cooking time: 40 minutes

- 2 cans (7¾ oz. each) salmon, drained we
- 2 tablespoons butter or margarine, divid
- ½ cup finely chopped onion
- ⅓ cup finely chopped celery
- 1 large egg, lightly beaten
- 2 tablespoons mayonnaise
- 1 tablespoon fresh lemon juice
- 1½ to 2 teaspoons dry mustard
- 1 to 1½ teaspoons dillweed
- Salt and freshly ground pepper
- ½ cup fresh whole wheat bread crumbs
- ¼ cup finely chopped fresh parsley
- 3 tablespoons all-purpose flour
- 2 pounds fresh kale, trimmed

Preheat oven to 375°F. Coat co sheet with vegetable cooking sp Flake salmon in large pieces into ing bowl; discard skin but keep bo

Heat 1 tablespoon butter in med skillet over medium heat. Add o and celery; cook, stirring, until ened, 5 minutes. Cool slightly.

Whisk egg, mayonnaise, le juice, mustard, dillweed, and salt pepper to taste in small bowl. Ad salmon with onion mixture, b crumbs and parsley. Toss to comb do not overmix. Refrigerate 1 hour

Place flour on piece of wax pa Lightly flour hands and shape sal mixture into 8 patties *(contin*

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(mixture will be moist so handle gently). Lightly coat patties with flour.

Melt remaining 1 tablespoon butter and brush over both sides of patties. Place on prepared baking sheet and bake 20 minutes. Carefully turn patties over and bake 20 minutes more.

Meanwhile, bring 2 inches water in large Dutch oven to boil. Add kale; cover and cook just until wilted, about 6 to 8 minutes. Drain well; spoon onto platter. Arrange salmon cakes on kale and serve hot. Makes 4 servings.

Nutrition info per serving: 370 calories, 28 gm protein, 19 gm fat, 24 gm carbohydrates, 663 mg sodium, 124 mg cholesterol.



STUFFED FLANK STEAK MEXICALI

Red meat is one of the best sources of iron. Choose lean cuts of meat, such as flank steak, to keep cholesterol in check.

Prep time: 20 minutes
Cooking time: 50 to 60 minutes

- 1 beef flank steak (1½–1¾ lb.)
- ¾ teaspoon ground cumin
- ½ teaspoon oregano
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 can (8 oz.) stewed tomatoes, drained and diced (reserve liquid)
- 1 can (8½ oz.) whole-kernel corn, drained
- 1 can (4 oz.) chopped green chilies, drained
- 1 medium onion, chopped fine
- ¼ cup plain dry bread crumbs
- ¼ cup chopped fresh cilantro (optional)
- 1 teaspoon minced garlic
- 2 tablespoons olive oil
- ½ cup water
- 1 tablespoon fresh lime juice
- Red pepper sauce

With sharp knife, cut horizontal slit in flank steak. Continue cutting almost to other side; open steak like a book. With meat mallet or bottom of small heavy saucepan, pound steak ¼ inch thick. Sprinkle with cumin, oregano, salt and pepper.

Combine tomatoes, corn, chilies, onion, bread crumbs, cilantro and garlic in mixing bowl. Spread mixture evenly over steak. Carefully roll up steak, starting at long side, and tie securely with kitchen string.

Heat oil in Dutch oven or large deep skillet over medium heat. Add steak and brown on all sides. Add reserved tomato liquid and the water, lime juice and several drops pepper sauce to Bring to boil. Reduce heat to low, and cook until meat is tender pierced with fork, 50 to 60 minut

Transfer meat to cutting board let stand 10 minutes. Bring coo liquid to boil; continue boiling reduced to ¾ cup. Remove string slice meat ½ to 1 inch thick. with sauce. Makes 6 servings.

Nutrition info per serving: 340 calories, protein, 21 gm fat, 13 gm carbohydrates, 5 sodium, 64 mg cholesterol.



OYSTER CHOWDE

Oysters are ri both iron and cium. Cooked with vegetables in oysters make a nutritious meal.

Prep time: 10 minutes
Cooking time: 40 minutes

- 2 tablespoons butter or margarine
- 1 cup finely chopped onions
- ¼ cup *each* finely chopped carrot and cele
- 3 tablespoons all-purpose flour
- 2 pints shucked oysters, drained (reserve liquor)

(contin

more on minerals

mineral	function	best sources
magnesium	Builds bones, releases energy from carbohydrates and transmits nerve impulses	Raw green vegetables, almonds, cashews, whole grain products, dried beans

the news Magnesium interacts with calcium, potassium and sodium in the body, so deficiencies of one can affect the metabolism of the others. A recent study found that stress can flush magnesium out of the body, causing a deficiency that could lead to heart disease.

zinc	A key trace element in regulating many body processes, including immune and enzyme systems	Shellfish (especially oysters), wheat germ, red meat, poultry, peanuts, milk

the news Certain high-fiber foods such as corn chips and dried beans contain a substance known as phytic acid, which can bind zinc, making it less available to the body. Coffee, tea and cocoa also contain phytates. Alcohol blocks zinc, so avoid it with zinc-rich foods.

potassium	Aids in transmitting nerve impulses, releasing insulin and maintaining fluid balance of cells	Oranges, bananas, dried fruits, potatoes, kiwifruit, bran, peanut butter

the news Potassium interacts with sodium and calcium to maintain electrolyte balance; eating potassium-rich foods can help counteract the effects of too much sodium.

boron	Helps conserve calcium, prevent bone demineralization and maintain bone strength	Apples, pears, grapes, nuts, leafy green vegetables, dried beans

the news In a recent study women who were given 3 mg of boron a day lost 40 percent less calcium than they did on a low-boron diet. They also showed an increase in estrogen—the hormone that helps slow bone loss. (For more on osteoporosis, see page 56.)



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OF FIVE, I AM CONSTANTLY LOOKING FOR FAST
AND GOOD-TASTING MEALS TO SERVE.
THEREFORE, I HAVE TRIED NEARLY EVERY
PREPARED SPAGHETTI SAUCE ON THE
MARKET. RAGU, MOVE OVER!

NORMALLY, I MAKE MY OWN SAUCE
BECAUSE, UP UNTIL NOW, I HAVE NOT BEEN
ABLE TO FIND A SAUCE WITH THE
FLAVORING THAT I LIKE. HEY—I MAY
NOT HAVE TO BOTHER ANY MORE.

INCIDENTALLY, I MUST NOT BE THE
ONLY ONE WHO LOVES THIS SAUCE. WHEN
I WENT TO THE GROCER'S FOR MORE,
THERE WERE ONLY A FEW CANS LEFT!

BEST REGARDS,
MICHELLE WATSON
AURORA, IL



It had to be Hunt's.



The first name in tomatoes, the last word in Spaghetti Sauce.

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est among its piers.



WHAT YOU EAT
continued

ottles (8 oz. each) clam juice
ps diced peeled potatoes
aspoon salt
aspoon thyme
aspoon ground red pepper
ackage (10 oz.) frozen whole-kernel corn
ps milk
p chopped fresh parsley

t butter in large saucepan or Dutch oven over medi- high heat. Add onions, carrot and celery; cook, stir- frequently, until softened, about 5 minutes. Stir in r and cook, stirring constantly, 2 minutes. Add liquor n oysters to vegetables; keep oysters refrigerated. Stir lam juice, potatoes, salt, thyme and pepper. Bring to stirring frequently. Reduce heat and simmer uncov- until potatoes are tender, about 30 minutes.

ir in corn and return to boil. Reduce heat to medium- . Add milk and oysters; cook, stirring occasionally, l heated through and oysters begin to curl at edges. in parsley and serve at once. Makes 4 servings.

ion info per serving: 500 calories, 29 gm protein, 19 gm fat, 55 gm hydrates, 1,257 mg sodium, 180 mg cholesterol.



GRILLED LIVER WITH RED ONIONS

Liver you'll look forward to! Eat this great iron source every week or two.

Prep time: 5 minutes plus marinating
Cooking time: 7 to 10 minutes

- 2 red onions, quartered
- 2 tablespoons water
- ¼ cup olive oil
- 3 tablespoons balsamic vinegar
- 1 garlic clove, minced
- ½ teaspoon rosemary
- ½ teaspoon freshly ground pepper
- 1 pound calves' liver, sliced ¼-inch thick
- Salt

Place onions in 9-inch glass pie plate and sprinkle with water. Cover with wax paper and microwave on High 5 minutes. Drain.

Whisk oil, vinegar, garlic, rosemary and pepper in small bowl. Pour half over onions and toss to coat; spoon remaining over liver. Let stand at room temperature 30 minutes to marinate.

Meanwhile, preheat grill or use heavy pan for grilling on stove top. Thread onions on skewers and grill, turning and basting, until tender, about 8 minutes. Sprinkle liver lightly with salt and grill 45 seconds per side. Serve hot. (To pan grill, heat large cast-iron skillet over medium-high heat until it starts to smoke. Add liver, in 2 batches if necessary, to skillet and cook 45 to 60 seconds per side. Transfer to warm serving platter and cover. Add onions to skillet and cook, turning occasionally and basting with marinade, until browned, about 5 minutes. Spoon onions around liver; serve hot.) Makes 4 servings.

Nutrition info per serving: 295 calories, 22 gm protein, 19 gm fat, 8 gm carbohydrates, 84 mg sodium, 341 mg cholesterol.

Patricia Cobe is a writer specializing in nutrition. ■



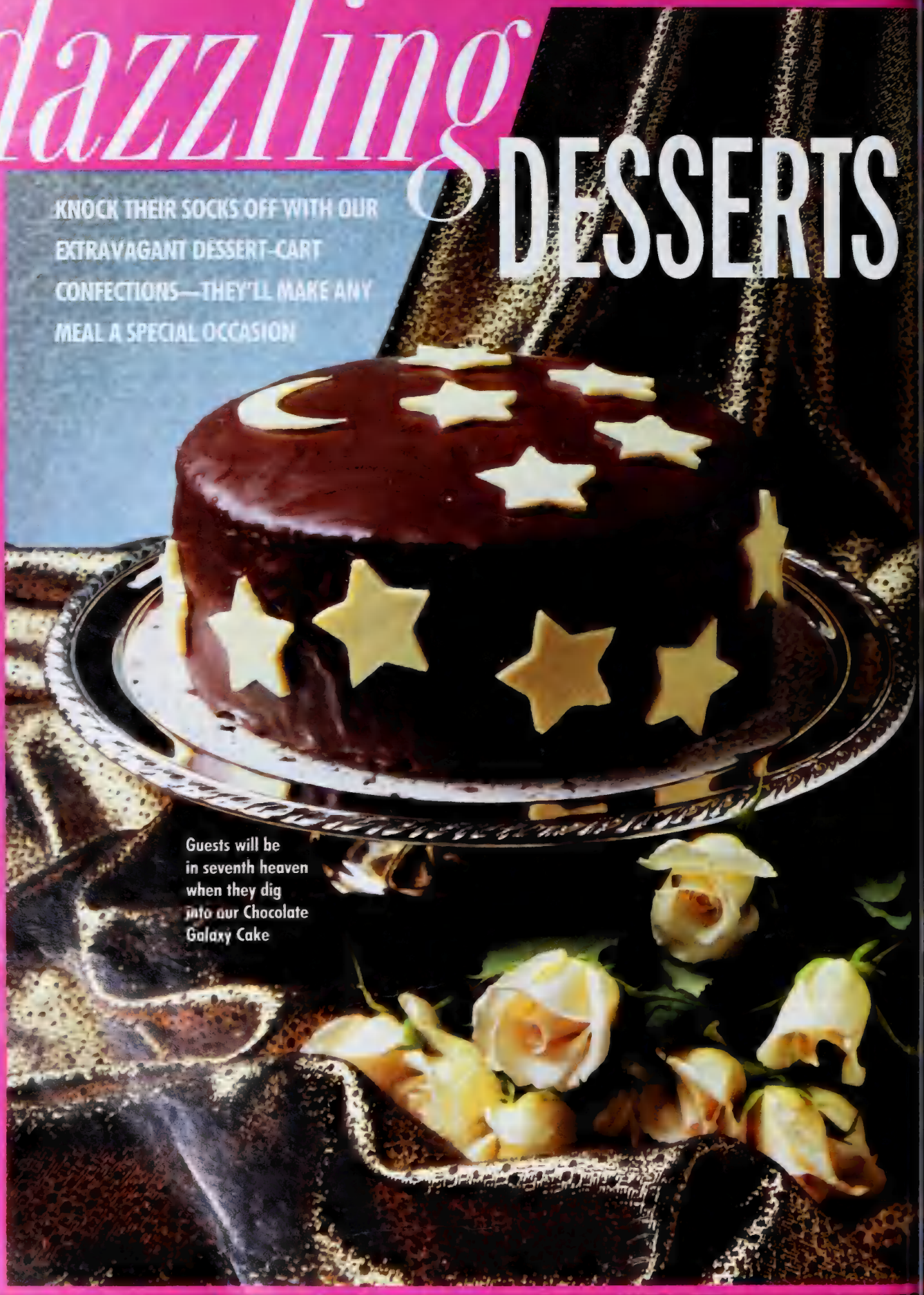
It's the best tasting among all national brands. It's Heinz and taste tests prove it. Try Heinz Seafood Cocktail Sauce, and Heinz Tartar Sauce.

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dazzling 9 DESSERTS

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Guests will be in seventh heaven when they dig into our Chocolate Galaxy Cake



Don't be surprised when they ask for more of this mouth-watering Macadamia Roll with Coconut Rum Cream

BY JAN TURNER HAZARD FOOD AND EQUIPMENT EDITOR

Easy · Moderate · Challenging · Microwave



PEAR AND APPLE TARTE TATIN

The combination of pear and apple adds a wonderfully fresh flavor to this classic French tart.

Prep time: 30 minutes plus chilling
Baking time: 35 minutes

Crust
- 1 cup all-purpose flour
- 2 teaspoons sugar
- Pinch salt
- ⅓ cup butter, cold, cut up
- 3 to 4 tablespoons ice water

Filling
- 6 tablespoons butter, softened, divided
- 8 tablespoons sugar, divided
- 3 ripe Anjou or Bartlett pears, peeled, cored and quartered
- 3 tart green or Golden Delicious apples, peeled, cored and quartered

Crust: Mix flour, sugar and salt in mixing bowl. Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Add water 1 tablespoon at a time, tossing with fork until pastry comes together. Shape into thick disk. Wrap in plastic and refrigerate 1 hour or overnight.

Roll dough ⅜ inch thick and cut 9-inch circle. Freeze on cookie sheet lined with wax paper 1 hour.

Filling: Preheat oven to 375°F. Spread 4 tablespoons butter over bottom and sides of 10-inch cast-iron skillet. Sprinkle bottom and sides with 5 tablespoons sugar. Alternate apple and pear quarters, cored side up and wide end pointing out, in tight concentric circles in skillet. Arrange remaining apple and pear quarters in center. Dot with remaining 2 tablespoons butter and sprinkle with remaining 3 tablespoons sugar. Cook over medium-high heat, shaking and swirling skillet frequently, until sugar is caramelized and golden brown, about 15 minutes.

Place cookie sheet on center oven rack. Invert frozen crust over fruit in skillet and remove wax paper. Bake on cookie sheet about 35 minutes, until crust is well browned.

Remove skillet from oven. Immediately invert tart onto serving dish. Serve warm or at room temperature. Makes 8 servings.

Nutrition info per serving: 315 calories, 2 g protein, 17 g fat, 42 g carbohydrates, 182 mg sodium, 44 mg cholesterol.



CAPPUCCINO SOUFFLÉ

The secret to this superb dessert is using espresso coffee. It adds a depth to the flavor that's hard to substitute.

Prep time: 30 minutes
Cooking time: 35 to 40 minutes

- ½ cup plus 2 tablespoons sugar, divided
- ½ cup all-purpose flour
- ⅛ teaspoon cinnamon
- ¾ cup milk, divided
- 4 large egg yolks
- ¼ cup brewed espresso or 2 tablespoons instant espresso powder dissolved in ¼ cup boiling water
- 2 teaspoons vanilla extract
- 5 large egg whites, at room temperature
- ⅛ teaspoon cream of tartar
- Confectioners' sugar, for garnish
- Grated semisweet chocolate, for garnish

Chocolate Sauce
- 4 ounces unsweetened chocolate, coarsely chopped
- 1 cup heavy or whipping cream
- 6 tablespoons sugar

Cognac Whipped Cream (optional)
- 1 cup heavy or whipping cream
- 2 tablespoons sugar
- 1 tablespoon cognac

Preheat oven to 400°F. Butter 6-cup soufflé dish and coat with 1 tablespoon sugar.

Mix flour, ½ cup sugar and the cinnamon in large saucepan. Add ¼ cup milk and whisk until smooth. Gradually whisk in remaining milk; continue whisking until smooth. Cook over medium heat, stirring constantly, until very thick and smooth; cook 30 seconds more. Remove from heat and beat in egg yolks one at a time. Beat in espresso and vanilla. Transfer to large bowl; cover surface with plastic wrap and cool.

Beat egg whites in mixer bowl until frothy. Add cream of tartar and beat to soft peaks. Add remaining 1 tablespoon sugar and beat until peaks are stiff but not dry. Add one quarter of the whites to the egg yolk base and gently fold until blended. Fold in remaining whites. Gently pour into prepared dish.

Place dish in oven and immediately reduce heat to 375°F. Bake 35 to 40 minutes, until puffed and top is lightly browned.

Chocolate Sauce: Meanwhile, comi chocolate, cream and sugar in s saucepan. Heat over medium-low h whisking constantly, until smooth.

Cognac Whipped Cream: Whip cre sugar and cognac to soft peaks.

Sprinkle top of soufflé with s confectioners' sugar; then grated c olate. Serve with warm choco sauce and whipped cream. Mak servings.

Nutrition info per serving: 475 calories, 10 g tein, 30 g fat, 50 g carbohydrates, 79 mg so 240 mg cholesterol.



FROZEN MERINGUI CAKE

This cake is a sert hoste dream about—it waits in the free then serves a crowd.

Prep time: 1 hour plus freezing
Baking time: 2 to 2½ hours

- 7 large egg whites, at room temperature
- ¼ teaspoon cream of tartar
- 1½ cups granulated sugar
- 2 teaspoons vanilla extract
- ¼ cup plus 2 tablespoons confectioners' su
- 2 pints chocolate ice cream
- 1 cup blanched almonds, toasted and gro
- 1 pint raspberry sorbet
- 2 ounces semisweet chocolate, chopped
- 1¼ cups heavy or whipping cream, divided
- Fresh raspberries, for garnish

Preheat oven to 225°F. Line 2 la cookie sheets with parchment and d two 8-inch squares on each paper.

Beat egg whites in mixer bow medium speed until frothy. Add cre of tartar and beat just until soft pe form. Increase speed to high and b in granulated sugar 1 tablespoon time. Beat 1 minute more, then bea vanilla. Sift ¼ cup confectioners' su over egg whites and gently fold in w rubber spatula.

Spoon half the meringue into la pastry bag fitted with large plain Pipe meringue in close lines filling 2 squares. Repeat for remain squares. Bake until meringues are to the touch, about 2 hours, switch positions of cookie sheets halfw through. Cool 5 minutes, then tran to racks to cool completely.

Place 1 meringue smooth side do on serving plate. Soften 1 pint ch late ice cream slightly with spat and spread gently over mering Sprinkle with one third of the monds. Top with second meringue press down gently. Soften sor slightly and spread over *(continu*



Company's coming."

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100% natural. 100% delicious.
Why settle for less?
Uncle Ben's® **Long Grain & Wild Rice.**
The rice with the Holiday taste.™



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SINGULA
SENSATIO
Coconut Almond Carrot Ring
1½ cups all-purpose flour
1½ teaspoons CALUMET® Baking Powder
½ teaspoon salt
1 teaspoon cinnamon
1 cup sugar
1 cup oil
2 eggs
1 cup finely grated carrots
½ cup new DOLE™ Chopped Almonds
½ cup new DOLE™ Raisins
2⅔ cups (7 oz.) BAKER'S® ANGEL FLAKE® Coconut
1 (16 oz.) can Cream cheese frosting
• Mix flour, baking powder, salt and cinnamon. Beat sugar and oil at medium speed of electric mixer until well mixed. Stir in flour mixture. Add eggs, one at a time, beating well after each addition. Stir in carrots, nuts, raisins and ⅔ cup of the coconut.
• Pour into greased and floured 9-inch Bundt®* pan or 6-cup ring mold. Bake at 350° for 35 minutes, or until cake tester inserted in center comes out clean. Cool in pan 15 minutes.
• Remove from pan and finish cooling on rack. Frost with cream cheese frosting and cover with remaining coconut.
NEW DOLE™ RAISINS
NEW DOLE™ ALMONDS
& BAKER'S® COCON
GET FRESH WITH
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DAZZLING DESSERTS

ontinued

Sprinkle with another third of uts. Top with third meringue and e until firm, about 30 minutes. ften remaining pint ice cream tly and spread over third me- ue. Sprinkle with remaining nuts. with fourth meringue, smooth side n. Freeze until firm.

at chocolate and ¼ cup cream in l saucepan over low heat until th. Drizzle over top meringue and e overnight.

at remaining 1 cup cream with ining 2 tablespoons confectioners' r until stiff. Spoon 1 cup into past- ag fitted with star tip. Spread re- ing cream over sides of cake. Pipe n decoratively on top edge. Freeze ready to serve, up to 24 hours. ish with raspberries just before ng. Makes 16 servings.

on info per serving: 320 calories, 5 g protein, at, 41 g carbohydrates, 62 mg sodium, 40 mg erol.

DAMIA ROLL WITH COCONUT RUM CREAM

ured on page 174

ste of the tropics! Rum and cream conut enhance the macadamia nuts is sponge cake roll.

ime: 50 minutes plus chilling
g time: 20 to 25 minutes

macadamia nuts
whole blanched almonds
aspoon baking powder
ge eggs, separated, at room temperature
spoon vanilla extract
granulated sugar, divided
nfectioners' sugar

envelope unflavored gelatin
cup cold water
can (8¾ oz.) cream of coconut
cup heavy or whipping cream
tablespoon dark rum

shredded coconut, toasted
acadamia nuts, for garnish

eat oven to 350°F. Butter 15½x -inch jelly-roll pan. Line with wax r; butter and flour paper.

hely chop macadamia nuts and al- ds in food processor. Transfer to ng bowl; stir in baking powder.

at egg yolks and vanilla in large r bowl at high speed 1 minute. dually beat in ½ cup granulated r; continue beating until pale and kened. Fold in nut mixture with er spatula until well blended.

at egg whites in clean mixer bowl l foamy. Gradually beat in re- ing ¼ cup granulated sugar; con- e beating until peaks are stiff but dry. Gently fold one third of the whites into the nut mixture, then fold in remaining whites. Pour batter evenly into prepared pan. Bake 20 to 25 minutes, until toothpick inserted in center comes out clean.

Meanwhile, generously sprinkle confectioners' sugar over kitchen towel.

Immediately invert cake onto towel and peel off paper. Starting from 1 long side, roll cake up with towel jelly-roll fashion. Cool completely.

Filling: Sprinkle gelatin over cold water in small saucepan. Let stand 1 minute to soften. Heat over low heat, stirring constantly, until gelatin is completely dissolved, 3 to 5 minutes. Whisk cream of coconut in large mixing bowl until smooth. Gradually whisk in gelatin and continue whisking until well blended. Refrigerate, stirring occasionally, until mixture mounds slightly when dropped from spoon, 10 to 15 minutes. Whisk vigorously until light.

Meanwhile, beat cream and rum in mixer bowl until stiff. Gently whisk half the whipped cream into coconut mixture, then fold in remaining cream with rubber spatula. Refrigerate until slightly firm, 5 to 10 minutes.

Unroll cake, spread with half the filling and roll up again. Transfer to serving platter. Spoon ½ cup filling into pastry bag fitted with large star tip. Spread remaining filling over top and sides of cake roll. Sprinkle with coconut, then pipe filling decoratively on top. Refrigerate 1 hour or overnight.

Garnish cake with macadamia nuts and cut into thick slices. Makes 12 servings.

Nutrition info per serving: 320 calories, 7 g protein, 25 g fat, 19 g carbohydrates, 100 mg sodium, 164 mg cholesterol.

CHOCOLATE GALAXY CAKE

pictured on page 175

Family and friends will give you a five-star rating when you serve this triple-chocolate cake.

Prep time: 1½ hours plus chilling
Baking time: 35 to 45 minutes

1¾ cups cake flour
1⅓ cups unsweetened cocoa powder
½ teaspoon baking powder
1 teaspoon baking soda
¼ teaspoon salt
1⅓ cups unsalted butter, softened
2 cups sugar
2 tablespoons instant espresso powder
2 teaspoons vanilla extract
4 large eggs, at room temperature
1 cup milk

Ganache
2 cups heavy or whipping cream
1 package (12 oz.) milk chocolate chips
2 teaspoons instant espresso powder

Glaze
6 ounces (6 squares) semisweet chocolate, coarsely chopped
¾ cup unsalted butter

4 ounces white chocolate, for garnish

Preheat oven to 350°F. Grease two 9x2-inch round cake pans. Line bottoms with wax paper, then grease and flour paper and sides of pans.

Sift flour, cocoa, baking powder, baking soda and salt together. Beat butter, sugar, espresso and vanilla in large mixer bowl until light. Beat in eggs one at a time. Mix in dry ingredients and milk alternately at low speed, mixing well after each addition. Increase speed to medium and beat 1 minute. Pour batter into prepared pans.

Bake 35 to 45 minutes, until toothpick inserted in center comes out clean. Cool 5 minutes on wire rack. Remove from pans and cool completely, top sides up.

Ganache: Heat cream in small saucepan to boiling. Place chocolate chips and coffee in blender. With blender on, pour in boiling cream; continue blending until chocolate is melted. Transfer to mixer bowl and place in larger bowl filled with ice water. Chill, stirring occasionally, until cold. Remove bowl from ice water and beat ganache at high speed until light and soft peaks form. (If mixture isn't lighter after 1 minute, cool in ice water 5 minutes; continue beating.) Do not overbeat or ganache will stiffen and look curdled.

Cut each cake horizontally in half with long serrated knife. Place one layer cut side up on cake platter and spread with one third of the ganache. Repeat with 2 more layers and remaining ganache. Top with last cake layer, cut side down.

Glaze: Heat chocolate and butter in medium saucepan, stirring occasionally, over medium-low heat until melted and smooth. Cool to spreading consistency. Spread smoothly over top and side of cake.

Melt white chocolate and spread in 6-inch circle on wax paper. Refrigerate until firm, then cut out with small moon and star cutters. If chocolate becomes too soft to cut, return to refrigerator until firm. Arrange cutouts on cake.

Refrigerate cake 2 hours or up to 2 days. Bring to room temperature 1 hour before serving. Makes 20 servings.

Nutrition info per serving: 670 calories, 7 g protein, 47 g fat, 62 g carbohydrates, 159 mg sodium, 173 mg cholesterol. ■

Recipes developed by Carol Prager, Kathy Jackette and Lisa Brainerd.

Reynolds® Oven Cooking Bags

MAKE-IT-EASY CHICKEN.

MAKE-IT-EASY CHICKEN.

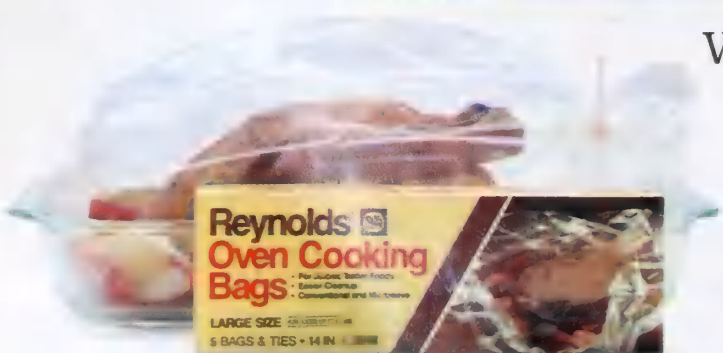
- 1 large-size (14″ × 20″) Reynolds® Oven Cooking Bag
- 2 tablespoons flour
- 1/3 cup water
- 1/2 teaspoon basil leaves
- 1/2 teaspoon thyme leaves
- 1/2 teaspoon seasoned salt, optional
- 1 medium onion
- 2 medium baking potatoes
- 4 medium carrots
- 1 medium red or green pepper
- 8 pieces chicken
- Seasoned salt, pepper, paprika

Preheat oven to 375°F. Shake flour in Reynolds Oven Cooking Bag; place in 13×9×2-inch baking pan. Add water, basil, thyme and seasoned salt to bag. Squeeze bag to blend ingredients. Cut onion and potatoes into 8 wedges each. Diagonally slice carrots and cut red pepper into 1/2-inch cubes. Add onion, potatoes, carrots and red pepper to bag. Turn bag to coat vegetables with sauce. Arrange vegetables in an even layer. Sprinkle chicken with seasoned salt, pepper and paprika. Place chicken in bag on top of vegetables. Close bag with nylon tie. Make 6 half-inch slits in top. Bake 50 to 55 minutes, or until chicken is tender.
Makes: 4 servings.

WHOLE CHICKEN VARIATION:
In recipe above, substitute one 3 to 4 pound whole chicken for chicken pieces. Place chicken in bag after blending flour, water and herbs. Then place vegetables in bag around chicken. Bake 1 to 1 1/4 hours or until chicken is tender.

For FREE chicken recipes, write:
The Reynolds Wrap Kitchens
P.O. Box C-32003, Dept. A-132
Richmond, VA 23261-2003.





With Reynolds® Oven Cooking Bags this delicious chicken dinner couldn't be easier to prepare. Everything cooks up all by itself right in the bag, so there's no messy pan or oven to clean. Now that's convenience!

Another quality product from the makers of Reynolds Wrap® aluminum foil.

comfort FOOD

Got a craving for some TLC? These all-time feel-good favorites will satisfy and soothe. Add other creature comforts—an overstuffed chair, a cozy fire—to complete the picture. Relax, dig in and enjoy!



"A big cup of hot chocolate's the thing to make a guy feel better on report card day."

Hot chocolate

Microwave time: 4 to 5 minutes Ⓜ ○

- 2 cups milk
- ¼ to ⅓ cup sugar
- Pinch salt
- 2 ounces (2 squares) unsweetened chocolate, coarsely chopped
- 1 teaspoon vanilla extract
- Miniature marshmallows

Combine milk, sugar and salt in 4-cup microwaveproof measure. Cover and microwave on High, stirring after 2 minutes, until milk is very hot and sugar is dissolved, 4 to 5 minutes. Immediately pour hot milk into blender. Add chocolate and vanilla and blend until completely smooth. Pour into 2 mugs and top with marshmallows. Makes 2 servings.

Nutrition info per serving: 410 calories, 11 gm protein, 23 gm fat, 49 gm carbohydrates, 187 mg sodium, 34 mg cholesterol.

Yellow split pea soup

Prep time: 35 minutes ○
Cooking time: 1½ hours

- 2 tablespoons butter or margarine
- 1 tablespoon curry powder
- 1 cup finely chopped onions
- 1 cup finely chopped carrots
- 1 cup finely chopped celery *(continued)*



"TGIF! After a long hard day, the kids are tucked in, and a supper of homemade soup hits the spot."

Photos: J. Barry O'Rourke; prop stylist, Debrah Donahue.

comfort FOOD

(continued)

- 2 quarts water
- 1 pound yellow split peas
- 1 smoked ham hock
- 1½ teaspoons salt
- ½ teaspoon freshly ground pepper
- 1 medium all-purpose potato, peeled and cut into ½-inch pieces
- ¼ cup chopped fresh cilantro

Melt butter or margarine in large Dutch oven over medium heat. Add curry powder and cook until fragrant, 1 minute. Stir in onions, carrots and celery; cover and cook 5 minutes. Add water, split peas, ham hock, salt and pepper. Bring to boil. Reduce heat and simmer, partially covered, until peas are tender, about 1 hour.

Transfer 3 cups cooked peas and vegetables to food processor or blender and puree. Return to soup and add potato. Cook, partially covered, until potatoes are tender, about 30 minutes. Remove meat from ham hock and coarsely chop. Return to soup. Garnish each serving with chopped cilantro. Makes 9 cups.

Nutrition info per cup: 245 calories, 15 gm protein, 4 gm fat, 38 gm carbohydrates, 542 mg sodium, 12 mg cholesterol.



"We made dinner for *you*, Mom—don't you just love macaroni and cheese?"

Macaroni 'n' cheese

Prep time: 35 minutes
Cooking time: 20 to 25 minutes

- 12 ounces uncooked elbow macaroni
- 7 tablespoons butter or margarine, divided
- 6 tablespoons all-purpose flour
- 3 cups milk
- 1½ teaspoons salt
- 1 teaspoon dry mustard
- ¼ teaspoon freshly ground pepper
- 1½ cups shredded sharp Cheddar cheese
- 1½ cups shredded Swiss cheese
- ½ teaspoon minced garlic
- 3 tablespoons plain dry bread crumbs
- 1 tablespoon chopped fresh parsley

Preheat oven to 350°F. Grease deep 2½-quart casserole. Cook macaroni in plenty of boiling salted water just until tender, about 5 minutes; drain.

Melt 6 tablespoons butter in large saucepan over medium heat. Whisk in flour and cook 1 minute. Gradually whisk in milk, then add salt, mustard and pepper. Cook, stirring constantly, until thickened and just beginning to boil. Reduce heat and simmer 5 minutes. Remove from heat. Add cheeses and stir until melted. Stir in macaroni and transfer to prepared casserole.

Melt remaining 1 tablespoon butter in small skillet over medium heat. Add garlic and cook 30 seconds. Add bread crumbs and cook, stirring constantly, until lightly browned, about 1 minute. Stir in parsley. Sprinkle crumb mixture over macaroni.

Bake 20 to 25 minutes, until cheeses are bubbly. Let stand 5 minutes before serving. Makes 8 servings.

Nutrition info per serving: 530 calories, 23 gm protein, 29 gm fat, 44 gm carbohydrates, 809 mg sodium, 89 mg cholesterol.

Cajun meatloaf

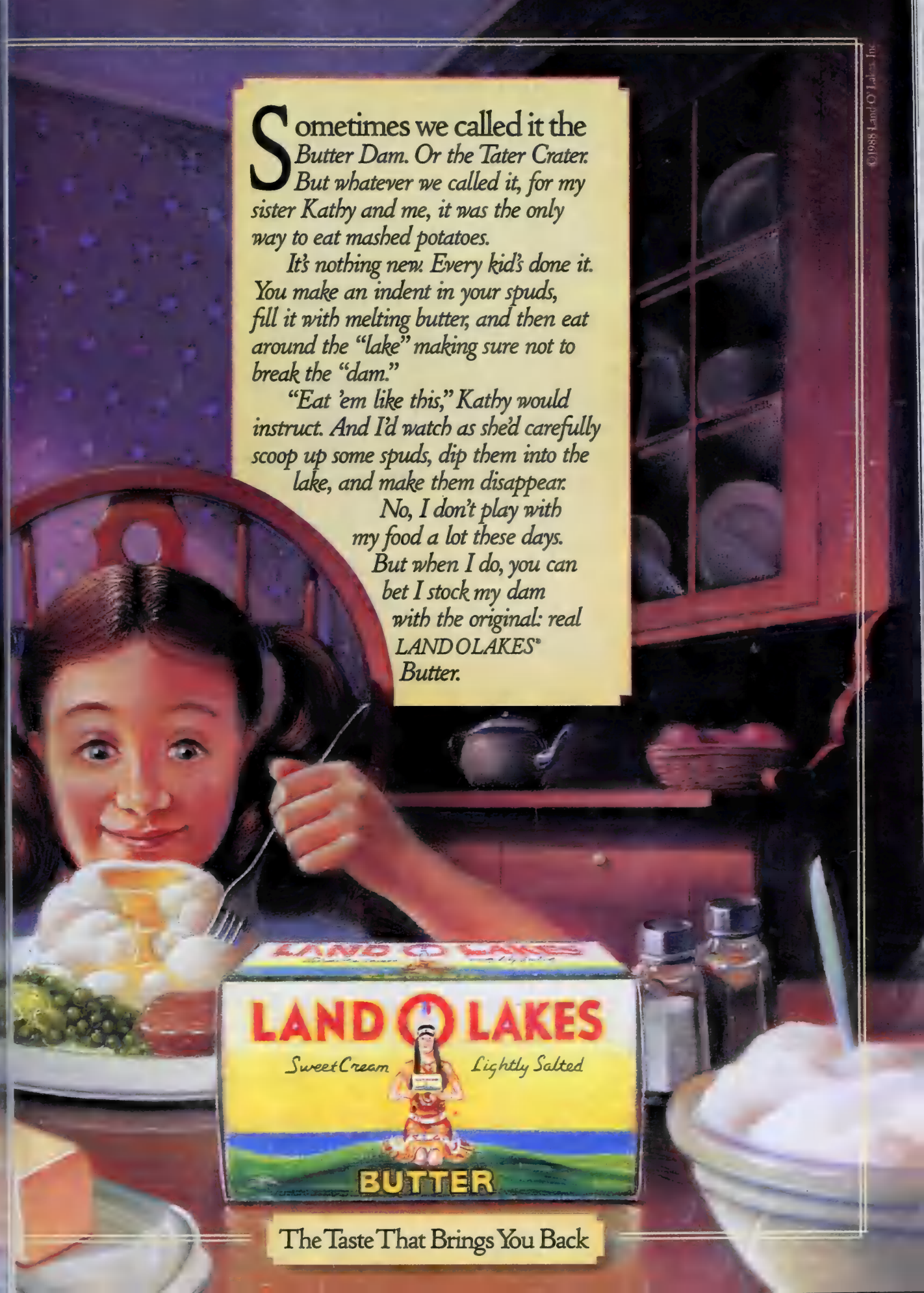
Prep time: 1 hour
Baking time: 65 minutes

- 2 tablespoons butter or margarine
- 1 cup finely chopped onions
- ½ cup finely chopped green onions
- ½ cup finely chopped carrot
- ½ cup finely chopped celery
- ⅓ cup finely chopped green pepper
- ⅓ cup finely chopped red pepper
- 1 tablespoon minced garlic
- 2 teaspoons cumin

(continued)



"When I get the midnight munchies, nothing beats a meatloaf sandwich and the late movie."


Sometimes we called it the Butter Dam. Or the Tater Crater. But whatever we called it, for my sister Kathy and me, it was the only way to eat mashed potatoes.
It's nothing new. Every kid's done it. You make an indent in your spuds, fill it with melting butter, and then eat around the "lake" making sure not to break the "dam."
"Eat 'em like this," Kathy would instruct. And I'd watch as she'd carefully scoop up some spuds, dip them into the lake, and make them disappear.
No, I don't play with my food a lot these days. But when I do, you can bet I stock my dam with the original: real LAND O LAKES® Butter.
LAND O LAKES
Sweet Cream
Lightly Salted
BUTTER
The Taste That Brings You Back
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"We lost the game, but a tall frosty malted is pretty good consolation."

(continued)
1½ teaspoons salt
1 teaspoon freshly ground pepper
¾ teaspoon nutmeg
½ teaspoon ground red pepper
½ teaspoon white pepper
½ teaspoon thyme
½ teaspoon paprika
1½ pounds ground beef
½ pound ground pork
¾ cup plain dry bread crumbs
¼ cup milk
2 large eggs, lightly beaten



2 tablespoons chopped fresh parsley

Topping
2 tablespoons ketchup
2 teaspoons unsulfured molasses
1 teaspoon Dijon mustard
⅛ teaspoon salt

Preheat oven to 350°F. Melt butter in large skillet over medium heat. Add onions, green onions, carrot, celery, green and red peppers, and garlic. Cover and cook until vegetables are tender, about 5 minutes. Stir in cumin, salt, pepper, nutmeg, ground red pepper, white pepper, thyme and paprika; cook 1 minute. Transfer mixture to large bowl and cool.

Add remaining ingredients except topping and mix well. Pack into 8½x4½-inch loaf pan. Bake 55 minutes.

Topping: Meanwhile, mix all ingredients in small bowl.

Remove meatloaf from oven and pour off juices. Brush with topping and bake 10 minutes more. Let stand 5 minutes, then remove from pan. Serve hot, or chill and slice for sandwiches. Makes 8 servings.

Nutrition info per serving: 355 calories, 22 gm protein, 23 gm fat, 15 gm carbohydrates, 709 mg sodium, 149 mg cholesterol.



Coffee malted milkshake

Total prep time: 2 minutes ○

⅔ cup milk
¼ cup malted milk powder
½ teaspoon vanilla extract
1 pint coffee ice cream, softened

Place all ingredients in blender. Blend at low speed until smooth. Makes 4 servings.

Nutrition info per serving: 220 calories, 6 gm protein, 10 gm fat, 28 gm carbohydrates, 187 mg sodium, 39 mg cholesterol.

Banana-cream pie

Prep time: 1 hour plus chilling ◒

⅔ cup sugar
⅓ cup cornstarch
Pinch salt
Pinch nutmeg
2 cups half-and-half cream
⅔ cup milk
3 large egg yolks, lightly beaten
1 tablespoon butter or margarine
½ teaspoon vanilla extract
3 ripe bananas, sliced
1 fully baked 9-inch pie shell
2 cups sweetened whipped cream

Mix the sugar with the cornstarch, salt and nutmeg in large saucepan. Gradually add cream and milk, stirring until smooth. Bring to boil over medium heat, stirring constantly, and boil 2 minutes. Remove from heat. Whisk 1 cup custard into egg yolks in medium bowl. Return to remaining custard and cook 2 minutes, stirring constantly. (Do not boil.) Remove from heat. Stir in butter and vanilla. Cool slightly.

Arrange 2 sliced bananas in pie shell and top with custard. Cover; refrigerate 2 hours or overnight.

Just before serving, garnish with cream and banana slices. Makes 8 servings.

Nutrition info per serving: 545 calories, 7 gm protein, 34 gm fat, 54 gm carbohydrates, 236 mg sodium, 195 mg cholesterol. ■

Recipes developed by Carol Prager.

"The check is in the mail; now *I'm* going to dive into this luscious banana-cream pie."



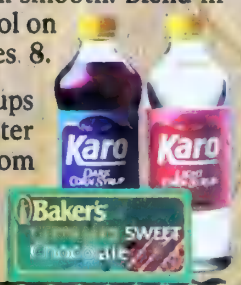
SAY CHEESE!

Easy Chocolate Cheesecake

2 pkgs. (4 oz. each) BAKER'S® GERMAN'S® Sweet Chocolate, divided
2 eggs
⅔ cup KARO® Light or Dark Corn Syrup
⅓ cup heavy cream
1½ tsps. vanilla
2 pkgs. (8 oz. each) cream cheese, cut in cubes
Crumb Crust (recipe follows)

Melt 1½ pkgs. (6 oz.) chocolate. Blend eggs, corn syrup, cream and vanilla in blender until smooth. With blender running, gradually add cream cheese; blend until smooth. Blend in chocolate. Pour into crust. Bake in 325°F oven 45 min. or until set. Cool on rack. Cover; chill. Melt remaining chocolate; drizzle over top. Serves 8.

Crumb Crust: In 9-in. pie plate or 9x3-in. springform pan combine 1¾ cups chocolate cookie or graham cracker crumbs, 2 Tbsps. sugar and ⅓ cup butter or margarine, melted, until well mixed. Press evenly in pie plate or on bottom and 1¼ in. up side of springform pan.



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You asked for it

Dear Readers:

Many of you have requested a recipe for the perfect Irish Soda Bread. We are pleased to share our favorite, from our own leprechaun, kitchen assistant Kathleen Lee.

When Kathleen was growing up in Ireland, Sunday afternoons were always a time for relatives to drop in for a visit, a cup of tea and her mother's Irish Soda Bread. Here is her time-honored recipe:

IRISH SODA BREAD

- 1½ cups buttermilk
- 2 tablespoons butter, melted
- 1 large egg, lightly beaten
- 1½ cups dark seedless raisins
- 3 cups all-purpose flour
- ⅔ cup sugar
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt

Preheat oven to 350°F. Grease 9x5-inch loaf pan; set aside. Place buttermilk, butter, egg and raisins in medium bowl. Combine dry ingredients in large bowl and toss with 2 forks about 1 minute. Add buttermilk mixture and mix until combined. Spoon into prepared pan. Bake 50 to 55 minutes (should sound hollow when rapped). Leave in pan 1 minute, then cool completely on wire rack. Makes 1 loaf, about eighteen ½-inch slices.

Nutrition info per slice: 165 calories, 4 gm protein, 2 gm fat, 34 gm carbohydrates, 279 mg sodium, 19 mg cholesterol.

Micro-quick mineral boost

(pictured on page 157) Lean pork is complemented by broccoli, a good source of iron, calcium and vitamins A and C. Cooked in the microwave broccoli keeps all its water-soluble vitamins. For more iron- and calcium-rich recipes, see "You are what you eat," page 164.)

MICROWAVE ORIENTAL PORK AND BROCCOLI

Cut 1 pound pork tenderloin into 2x½x¼-inch strips. Toss with 3 tablespoons soy sauce, 1 tablespoon *each* rice or white wine vinegar, 1 teaspoon grated fresh ginger, 2 teaspoons cornstarch and 1 teaspoon sugar.

Cut florets from 1 bunch broccoli; peel and slice stems ¼-inch thick. Cut 1 red pepper into thin strips.

Coat broccoli stems with 1 tablespoon vegetable oil and 2 teaspoons sesame oil in 1½-quart microwaveproof dish. Cover dish with plastic wrap and vent. Microwave on High 1 minute. Stir in florets and red pepper; microwave covered 2 minutes, stirring once. Stir in pork mixture and ½ cup chicken broth; microwave covered until tender, 5 to 6 minutes, stirring once or twice.

Pour liquid in dish into 1-cup microwaveproof measure. Microwave until thickened, 1½ minutes. Pour over pork and broccoli and toss to coat. Sprinkle with ¼ cup sliced green onions and 2 teaspoons toasted sesame seeds.

Nutrition info per serving: 275 calories, 28 gm protein, 14 gm fat, 9 gm carbohydrates, 996 mg sodium, 74 mg cholesterol.



ecipe index

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A DAY IN THE LIFE
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JACKIE: A MOTHER'S JOURNEY
Pages 142-143 Clockwise from bottom left—Larry Stevens/Globe Photos, Arthur Grace/Sygma, UPI/Bettmann Newsphotos, Globe photos, Ron Galella, Globe Photos, Ron Galella, Women's Wear Daily. **Page 144:** Ron Galella **Page 146:** Clockwise from left—Tom Sobolik/Black Star, NY Post, Brian Quigley/Outline.
BEDTIME STORIES
Pages 148-149 Fashions credits. From left—(man) jeans, Polo by Ralph Lauren; T-shirt, Fruit of the Loom; dressing gown, Polo by Ralph Lauren; slippers, Richard Draper; glasses, Morgenthal-Frederics Opticians. Child—long underwear, Greenstone & Cie; shirt, Tom & Jerry at Chocolate Soup; cardigan, Irene Clayeux at Greenstone & Cie; booties, Padders at Greenstone & Cie. Woman—T-shirt, Fruit of the Loom; leggings, Mimi Loverde; socks, Hue; robe, Descamps. Child—leggings, Mimi Loverde; T-shirt, Jockey; socks, Hue; nightshirt, Polo by Ralph Lauren at Bloomingdale's. Decorating credits. The Pig Hill Inn, (in NY, 914-271-6228; all others, 800-255-7213); Sylvia Floral Design, 212-268-9872; "Laredo" comforter, "Dove Creek" bed linens, "Mattress Ticking" bed skirt, The Ralph Lauren Home Collection, 212-642-8700; sheets, Ralph Lauren; twig & wicker baskets, rug, wood animals, kenya bag, Laytner's, 212-769-1900; lamps, American Hurrah, 212-535-1930; blue trunk, #5645, Evergreen Antiques, 212-744-5664; books, B. Dalton Book Seller, 212-247-1740; frame, Exposures catalog, (in NJ, 201-370-8110; all others, 800-222-4947); bark container, Origin, 212-247-1740. **Pages 150-151:** Fashion credits. From left—(child) nightgown, Christian Dior; slippers, Carter's. Woman—nightgown, Eileen West; slippers, Natori; earrings, Monet; vanity set available at Fortunoff's. Decorating credits. The Pig Hill Inn; Sylvia Floral Design; antique iron bed, wicker table, Alice's Antiques, 212-874-3400; "Sweet Pea" bed linens, "Firenze" pillow, "Palace Garden" pillow, color—blue chintz, "Pavillion" lamp, "Shorred" shade, soap dish, matching hatbox, Laura Ashley, 800-223-6917; pastel on paper, "Midsummer, Ostego Lake," 1986 by Ray Ciarrochi; watercolor on paper, "Jamaica Still Life," 1984 by Herman Rose, both at the Fischbach Gallery, 212-759-2345; wool designer dhurry rug, ABC Carpets, Inc., 212-674-1144; Ascensia® White Goose Down comforter and pillows, Scandia Down Shops (in Wash. State, 800-367-3696; all others, 800-237-5337); wine tray, large floral pillow, napkins, china, Pierre Deux, 212-570-9343; button back chair, Eng. c.1860, Coalport porcelain footbath, Eng. c.1830, 212-737-8660; sheer white curtains, #V830, Swiss Embroidery, Country Curtains At the Red Lion Inn, 413-243-1300; oval hat boxes, #06-009-320, lockets, (19") #04-030-120, (36") #04-030-130, (20") 04-030-140, "Venetian" glass and sterling silver grape cluster necklace, #04-028-280, Lillian August Collection, (in CT, 203-454-0675; all others, 800-272-6822; "Sweet Dreams"chintz pillows, #100068, white frame, #190681, In Detail, Fashions for Bed & Bath, (in WI, 414-259-2487; all others, 800-422-2515); mohair throw, Mabel's, 212-734-3263. **Pages 152-153:** Fashion credits. From left—(child) all clothes Chocolate Soup, NYC. Woman—T-shirt, leggings and shirt, Mimi Loverde; sweatshirt, Tultex; socks, E.G. Smith. Man—striped shirt, Mimi Loverde; sweatpants, Pannill; sweatshirt, Tultex; socks, E.G. Smith. Child—T-shirt, Mimi Loverde; leggings and socks, Chocolate Soup. Decorating credits. Du Pont "Stainmaster" carpet by Philadelphia, style—Masterpiece, color—Berber Beige, 1-800-4DuPont; Pencil Post bed, #57-2710P, Drop Front secretary, #53-2214P, Habersham Plantation, 404-886-1476; dresser, #33554 Blair House, 212-889-5500; "Licorne" chair, Grange Furniture Inc., (in NY, 212-737-8080; all others, 800-445-5195); "Fashiondye" solid sheets, "Coral Reef" fabric, Sheridan, 800-777-9563; Ascensia® white goose down comforter, pillows, Scandia Down Shops; watercolor by Irving Stettner, Avanian Gallery, 212-420-1788; Haitian rag rugs, The Gazebo, 212-832-7077; computer, Compaq, Portable II, All Service Computer Rental, 212-524-0003; Fiestaware, Harlequin dinnerware, Mood Indigo, 212-254-1176; clock, Prince Vintage Lighting Inc., 212-475-6376; lamps, George Kovacs, 212-838-3400; "Spacemaker" TV, 800-626-2000; telephone, GTE Consumer Communications Products; pen stands, A.T. Cross, available at Fine Department Stores; sheer curtains, NKA Fine Linen & Textiles, NYC; flowers, The Windsor Florist, 212-734-4540; books, B. Dalton Book Seller, 212-247-1740; Richard Cava, 212-254-8785; all drapery and upholstery work by Cecil King, 212-734-0052; small TV cabinet designed by Thom Degesu, 516-223-7007.
FOOD JOURNAL
Page 157: Silver underplates, Oneida Silversmiths.
CHICKEN CUTLETS: QUICK AND ELEGANT
Page 160: Antique black and white plate (Pistachio Chicken), Croft Antiques, 11 S. Main St., Southampton, NY 11968. **Page 162:** Black ceramic bowl (Mediterranean Chicken Cutlets), Frank McIntosh at Henri Bendel, 10 W. 57th St., NYC 10019.
DAZZLING DESSERTS
Pages 174-175: Round silver cake plate, Oneida Silversmiths.

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THE LUCKIEST GIRL

continued from page 141

thousand feet above. Soon, her fears were confirmed.

"Derek ran to me and said he and his sister had been pitching rocks into the creek and Michelle fell in," Pam recalls. "I didn't want to believe him, but I knew from his expression that it was true."

Controlling her rising panic, Pam rushed into the house to dial 911. She then phoned the irrigation company that controls the flow of water from the Bell Canyon Reservoir, halfway up the mountain. But the company said it could not lower the water level of the creek.

Still showing extraordinary presence of mind, Pam had a neighbor look after Derek and Nicole while she ran along the bank, shouting Michelle's name above the din of the water. "When I got back home, the search and rescue team was already there," she says.

In fact, a remarkable emergency network had been activated the moment Michelle was reported missing. The emergency room at Children's Primary Medical Center in nearby Salt Lake City was put on alert, as were a surgical team, an intensive-care unit, the radiology department and the lab. The fire department and paramedic crew sped to the creek. An emergency medical helicopter was dispatched to the scene, its engine kept warm and ready for flight should the child be found.

Search and rescue deputies Dave Nelson, Thad Moore and Scott Browning entered the treacherous waters just above the point where Michelle had last been seen. To keep from being swept along in the violent current, they wore climbing harnesses, which tethered them by rope to men onshore.

The water was waist-high and a numbing 42°F. Rescuers suspected that Michelle had toppled into the creek just upstream from a culvert—a long, concrete pipe—that crossed the water under a road.

As rescuers searched the culvert, a backup team erected a series of aluminum grids downstream to catch the little girl's body if it appeared and guide it to the surface, where it could be seen.

Meanwhile, Michelle's father, Chris, a dentist in Salt Lake City, got an urgent message from his receptionist: *You must go home now!* "I drove about a hundred miles an hour," he says. "By the time I got home, Michelle had been underwater for forty-five minutes.

"They wouldn't let me climb down the bank to help with the search," he continues. "I felt so helpless; then th rescuers said they could use a lon wooden pole for probing. I had one the basement, so I rushed it to them.

At the same time, a neighbor g some lumber and blocked off one of th reservoir gates. With the water lev significantly lower, searchers were ab to reach the other side of the culvert.

Suddenly, Dave Nelson, who w probing vigorously with the pole Chr had provided, saw what looked like burlap sack wedged beneath a roc With his next probe, a tiny hand ro out of the water.

"Michelle was about ten feet awa from me," Nelson says. "I could s her, but I couldn't reach her. The cu rent had sucked her to the base of large rock, and she was wrappe around it. Scott got her loose ar handed her over to me.

"She was absolutely white and bad bruised," Nelson recalls. "I knew she been in the creek for more than a hour, and she had no vital signs, so pretty much assumed she was dea Nevertheless, we began CPR."

After that, Michelle was transferr to an ambulance, where paramedi guided a tube through her mouth, d rectly into her lungs. A bag of warme humidified oxygen was attached to th tube and squeezed regularly, makin

a swirl of sweet cream
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more efficient. She was rushed to helicopter, where nurses administered warmed intravenous fluids and continued CPR throughout the ten-minute flight to the hospital.

Pam and Chris had gone indoors briefly, so they didn't witness the actual rescue. But as soon as they heard the news, they got into their car and drove to the hospital. "The whole way there, Chris tried to convince me that I should prepare myself to deal with Michelle's death," Pam says. "But I wouldn't buy it. I insisted on holding on to the hope that she was alive."

A wrenching decision

When Michelle arrived at the hospital, she had no heartbeat or pulse. The doctors had to decide whether to declare her dead or try to revive her. It was a painful decision to make; if she did survive, she might be significantly brain damaged—and the physicians had seen this sad result all too often in other children.

Robert Bolte, M.D., co-director of Emergency Services at Primary Children's Medical Center, coordinated the team working on Michelle. Fate must have placed him on duty that day; probably no other physician would have prescribed the same treatment. But Bolte had been studying new techniques for helping patients like Michelle.

"I'd been fascinated with various techniques used to rewarm adult victims of hypothermia, or abnormally low body temperature," he says. "In fact, just a few months earlier, I'd initiated discussions with the cardiothoracic surgeons about the possibility of using a heart-lung bypass machine to rewarm a child. We decided that although extracorporeal rewarming, as the procedure is called, had never been done before on a child, and had never been done successfully on a near-drowning victim of any age, it might work. And I knew Michelle was a candidate for the technique."

A serious injury would have made Michelle ineligible, because a patient's blood must be thinned in order to circulate through the heart-lung machine without clotting. If there's a major wound, the patient could bleed to death. "But Michelle was amazingly intact," Bolte says. "We found no indications of internal bleeding."

More important, her body was profoundly cold—66°F. Intense cold decreases the body's metabolic demand, so the brain can survive on small amounts of oxygen and glucose. If Michelle had drowned in room-temperature water, she could have been brain dead in less than fifteen minutes.

Pam and Chris Funk had been waiting in a nearby room for nearly half an hour before Bolte came to talk to them. "He told us there was a procedure he could perform on Michelle that might revive her," Chris recalls. "I asked him what her chances of survival were, and he said, 'About a million to one.' Then I asked him what her chances of being normal were, if she did survive. Again, he answered, 'A million to one.' Those were pretty low odds, a million times a million."

Chris turned to Pam and asked, "Is that a good enough chance? Are you willing to have Michelle if she's badly impaired?" Pam's answer was immediate: "Do it. I'll take her any way I can."

While the heart-lung bypass machine was being readied, the emergency team threaded a nasogastric tube through Michelle's nose and into her stomach, where a warm saline solution was pumped in and suctioned out to raise her temperature. CPR was continued for nearly two hours—from the moment of rescue until her surgery.

A revolutionary treatment

Robert Bowers, a certified clinical perfusionist (heart-lung machine specialist), operated the machine on which Michelle was placed. "We *(continued)*



"When Pam and I were ushered into intensive care, continues, "we asked my dad to come with us so he c say a prayer for Michelle. Our prayers were answe The next morning, Dr. Black told us Michelle had be to respond to treatment immediately after we saw and that she'd made steady progress ever since. By m ing she was on acceptable respirator settings."

The long road back

Following surgery, Michelle was in a coma. She was blind. "Her eyes were deprived of blood for so long messages would get to her brain but could not be cessed," Black explains. "This kind of loss of sight, kn as cortical blindness, is sometimes, but not always, versible," he adds.

Michelle emerged from her coma gradually. "E though she seemed unconscious, we talked to her all time," Michelle's father reports.

Then, about a week after the accident, came the t ing point. "I was leaving her room to go to work morning," says Chris. "I kissed Michelle on the cheek said, 'Give Daddy a kiss.' As I was walking out the do heard a kissing sound. I turned around and cried, chelle, did you blow Daddy a kiss? Give Daddy ano one!' I called in all the nurses and doctors, and they this was a significant breakthrough."

Once out of the coma, Michelle began to get stron But she still couldn't see more than shadows. After weeks, Chris got up the courage to ask about her sig

"I haven't wanted to tell you this," Bolte said, since you've asked, I have to be frank. There's no cha she'll recover her sight." That night, the family gathe around Michelle and said prayers for her vision.

■ THE LUCKIEST GIRL
continued

made an incision in her groin and attached two catheters: one to an artery and another to a vein," he explains. "Blood flowed into the machine from her vein. The machine would send oxygen into the blood and remove carbon dioxide and, at the same time, rewarm the blood. Then the machine would pump this oxygenated, warmed blood through her arteries, doing the work of both heart and lungs."

Michelle's temperature began to rise as soon as she was connected to the machine. She made no spontaneous movements until her temperature rose to 77°F. Then the medical team got the sign of encouragement they'd been waiting and hoping for: Michelle gasped. Her eyes opened briefly. Five minutes later, her heart began to beat on its own. When she had been on the machine for less than an hour, her temperature was restored to normal.

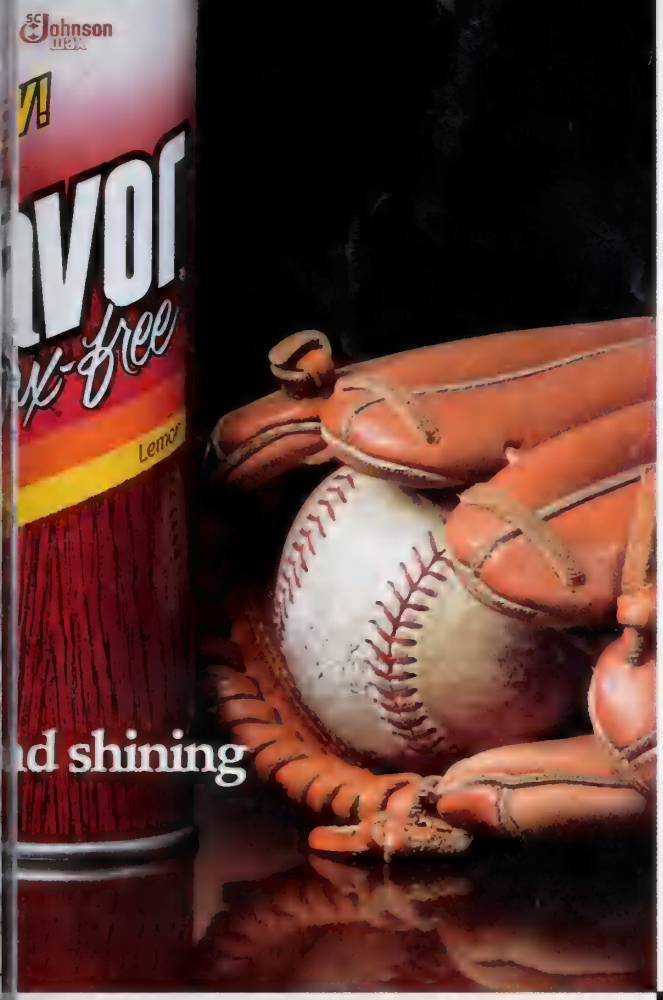
Throughout the first night, Philip Black, M.D., the pediatric lung specialist who managed her case in intensive care, kept a vigil at Michelle's bedside. "She suffered from pulmonary edema—water in the lungs—and we didn't know whether her lungs would adequately respond to direct pulmonary therapy," he says. "We finally decided to use a respirator to force air in and out of her lungs.

"We had a backup plan: If Michelle didn't do well within an hour or so, we'd put her back on the heart-lung machine, so her lungs wouldn't have to work."

Almost immediately, Michelle seemed to be losing the ability to absorb oxygen. Black made a decision to push the respirator harder. Michelle's survival was on the line.

"After several hours, they called us in to be with her," Chris says. "We didn't learn until later that they'd called us in to see her before she died.





chelle also endures her share of good-natured abuse from her siblings and gives back as good as she gets. Piling in the backseat of the family car, Derek, Michelle and Nicole trade pokes, punches and blows. (The newest addition to the family, one-year-old Daniel, is spared for now.)

A miracle and an inspiration

The word *miracle* is often heard when people talk about Michelle. Not only was she the first child to be revived from drowning by extracorporeal rewarming; she also holds the record among brain-intact survivors of any age for the longest cold-water submersion. She was underwater for sixty-six minutes. Before Michelle's accident, the longest known submersion was forty-five minutes. And she had the lowest temperature of any submersion victim to survive intact. Without question, she has made medical history. But more than a medical miracle, she's an inspiration to a remarkable network of dedicated care-givers. Michelle's rescue was a high point for the search and rescue team, which was comprised almost entirely of courageous volunteers.

Bolte is quick to point out, however, that the vast majority of children in similar circumstances would not have fared nearly as well as Michelle. Prevention, he stresses, is the only real answer. "Better fences and better child supervision would save more lives than a heart-lung machine on every corner," he says.

Bolte's words do not diminish Michelle's triumph, though. She fought a painful battle for her own life. And she is, quite possibly, the luckiest little girl in the world. ■

Amy Sunshine-Genova is a free-lance writer who specializes in medical subjects.

ater the same evening, sitting on my knee, Michelle ed her head and looked me directly in the eyes for the time," Chris says, beaming. "I could see a look of gnition on her face. I stuck my tongue out; she stuck ers. I was ecstatic." Within eight weeks of the acci-, Michelle's vision was completely restored to normal. chelle was also feisty. "Sometimes, the nurses would her with the blankets pulled over her head, as though were sleeping," Pam says. "But underneath, she'd be ng the tape off her cheeks and the tubes out of her ," Pam recalls, now able to laugh at the memory.

hen Michelle finally came home, more than two ths after the accident, she was perfectly normal ex- for a tremor in her left arm—noticeable only when was tired—which was corrected with physical thera- Today she needs no special medical care whatsoever.

onderfully normal kid

ge five, Michelle is a lovely, normal little girl. To Michelle fully regain her strength, coordination and nce, Pam enrolled her in dance and gymnastics class- omewhat ironically, Michelle also likes to swim—she s the water.

sked about the accident, the little girl pulls up her T- to show off her abdominal scar. "They cut me open," explains. "I had an accident and fell in the stream. mom came to the hospital to bring me chocolate-chip ies and my Cabbage Patch doll." Fortunately, per-, she remembers little else.

ven all that has happened, do Michelle's parents pline her like a normal child? "Absolutely," Pam es, and then pauses. "Well . . . maybe not. About the *fth* time she scribbles on the wall I scold her." Mi-

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We don't know why it's called chili sauce, either.

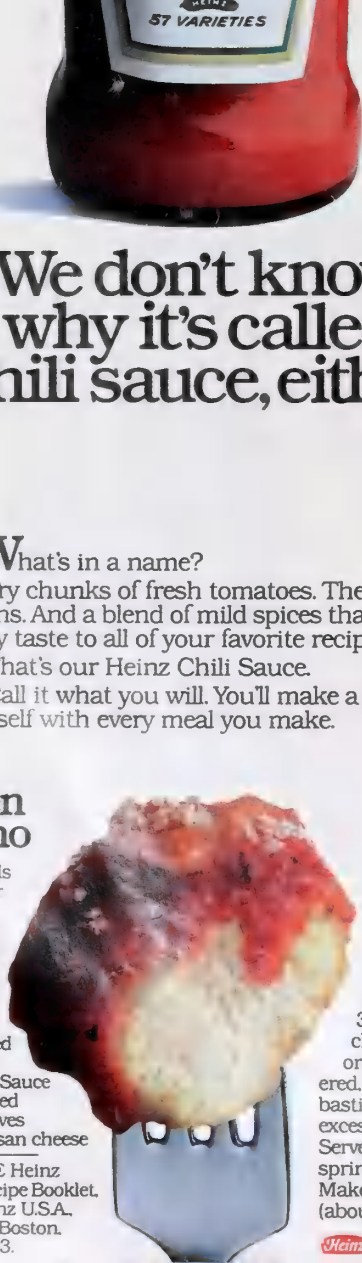
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Chicken Romano



2 to 2½ pounds broiler-fryer pieces
2 tablespoons vegetable oil
Salt
Pepper
1 medium onion, halved, sliced
1 bottle (12 oz) Heinz Chili Sauce
1 teaspoon dried oregano leaves
Grated Parmesan cheese

In large skillet, brown chicken in oil. Drain excess fat. Season chicken with salt and pepper; add onion. Cover; cook 30 minutes. Stir in chili sauce and oregano. Cook, uncovered, 10 minutes longer, basting frequently. Skim excess fat from sauce. Serve sauce over chicken; sprinkle with cheese. Makes 4-5 servings (about 1½ cups sauce).

For your FREE Heinz Chili Sauce recipe Booklet, just write: Heinz U.S.A., P.O. Box 1153, Boston, MA 02277-1153.

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MARVIN BUSH

continued from page 138

Little did I know that I would soon learn firsthand w the phrase "a new lease on life" meant. A disease ca ulcerative colitis—something I thought only "old peo got—almost killed me at the age of twenty-nine.

A media blitz

During the summer of 1985, Margaret and I and the re the Bush clan were spending a weekend at our fam summer home in Kennebunkport, Maine. The day we rived happened to coincide with the announcemen President Reagan's colon cancer.

The President's illness spurred the media to bombard nation with graphic depictions of the human digestive tem. What looked like miles of intestines appeared every TV screen and in every major newspaper. Doc from all over the country were talking about colon ca and other diseases of the gastrointestinal tract. One in view in particular really hit home. The doctor said, "If have the following symptoms, you need to see a physi immediately." He mentioned blood in the stool, diarr weight loss and chronic fatigue. For the past six weel had been suffering from everything on that checklist.

Until then, I had done a superb job of pretending I wa sick. Indeed, my illness was deceptive at first. I hadn't lo noticeable amount of weight, and I wasn't so run-down th felt I needed to see a doctor. The blood in my stool? I figur came from a hemorrhoid that would soon go away. But weekend I told myself I'd see a specialist soon.

A couple of days later, I saw a TV news report about nationwide flight to doctors' offices. When the reporter the vast majority of cases were false alarms, that gave a fresh reason to postpone seeing the doctor.

A master of denial

However, I got progressively worse over the next sev weeks. The diarrhea became painful and more frequ and by now I'd lost so much weight, I looked gaunt. I also tired all the time.

In the fall of 1985, I finally gave in and saw a specia who diagnosed my problem as ulcerative colitis—a for inflammatory bowel disease, or IBD, as it's comm called. I was told it was a chronic intestinal disorder v no known cause or cure. The doctor prescribed medica in an attempt to control my condition. I had a se allergic reaction to the medicine—my face puffed out lil balloon. For a while, the doctors were busy trying to trol the allergic reaction. Meanwhile, my underlying co tion subsided, and I was able to carry on until the follow spring.

Then I really started coming apart at the seams. I came a slave to the bathroom, feeling nauseated and h ing bowel movements as often as fifteen times a day.

My condition was humiliating at times. I can remem being in a business meeting one afternoon and havin race out of the room. Sometimes, it was also frighten One day, I was supposed to fly to California on busi but only made it as far as Denver. Sweating, brimm with anxiety and doubled over in pain, I had to get off plane. Luckily, my brother Neil lives in Denver. He pic me up at the airport and made an awful situation n bearable. At that point, I realized I'd lost control of body—and my life. I needed help.

When I returned to Washington a few days late checked in to Georgetown University Hospital.

After running what seemed *(continued on page 1*

FRESH EGGS FROM HAWAII.



After you paint these Easter eggs, you won't want to hide them. They're too pretty for that. And much too delicious. Seems like just about everything turns out that way when you bake fresh with C&H, the pure cane sugar fresh from Hawaii.

PAINTED EASTER EGG COOKIES

1 cup butter or margarine, softened
1¾ cups C&H Powdered Sugar • 1 egg
2 teaspoons vanilla extract
Finely grated rind of 1 lemon
2 tablespoons lemon juice
2½ cups all-purpose flour
1 teaspoon baking soda
¼ teaspoon salt

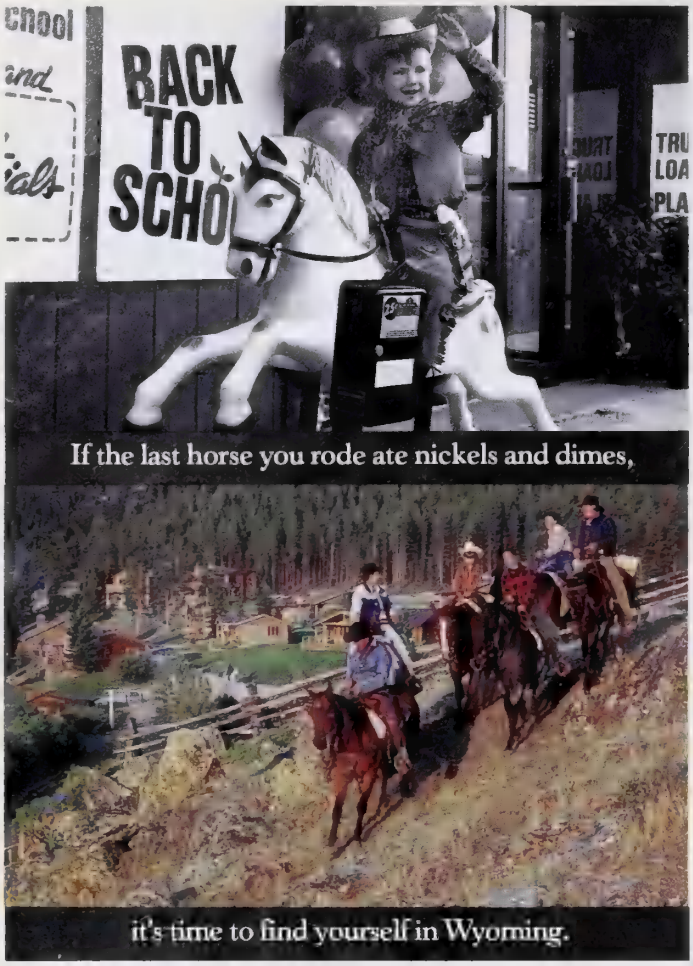
1 cup heavy (whipping) cream
1 tablespoon C&H Powdered Sugar
Food coloring

Cream butter and 1¼ cups powdered sugar until light and fluffy. Beat in egg, vanilla, lemon rind, then lemon juice. Add flour, soda and salt; mix until blended. Divide dough; wrap each half in plastic wrap and pat into a disc. Refrigerate several hours until firm. On a floured surface roll one disc about ¼" thick. Cut with an egg-shaped cutter. (Bend a 2½" round metal cutter into an egg shape. Cutter can be bent back into a round shape.) Bake on ungreased cookie sheets in a preheated 325F oven 12-15 minutes or until barely browned. Cool on wire racks. Repeat with remaining dough. To decorate, stir 1 tablespoon powdered sugar into cream and divide among small bowls. Add a different food coloring to each bowl to make intense pastel shades. Use small paint brushes to paint cookies with colored cream. Makes about 3 dozen

For decorating tips, write to: C&H Sugar "Painted Egg Designs," Dept. L, P.O. Box 4126, Concord, CA 94524

C&H

FRESH FROM HAWAII



TRAVEL JOURNAL

PALM SPRINGS: DESERT PARADISE

A funny thing happens every time it rains in Palm Springs—the whole town rejoices. Throughout this Southern California desert community, perfectly sane men and women turn toward the spewing heavens with giant smiles on their faces.

No, the residents of Palm Springs have not lost their toehold on reality. It's just that with an average three hundred fifty days of sunshine and less than six inches of rain a year (most of it confined to late December and January), even the threat of a freak sprinkle offers a welcome change from the monotony of sunny perfection.

Boring as it is, that warm, near-cloudless weather—plus the area's proximity to Los Angeles (only 120 miles away) and its long affiliation with the rich and famous—has turned Palm Springs and its neighboring communities in California's Coachella Valley into one of America's premier resort areas. Still growing rapidly, the area already claims more golf courses, tennis courts, and swimming pools per capita than anywhere else in America.

And more celebrity residents—all of whom seem to have streets named after them. Where else in the world can you say, "Meet me on the corner of Bob Hope and Dinah Shore"? Or "Hang a left on Frank Sinatra"? Bob and Dinah also have their own televised golf tournaments here, and there's a Billy Barty Golf Classic and a Harvey Korman Invitational. Considering the notoriety of Palm Springs's Bono fide celebrity mayor, could the Sonny Bono Miniature Golf Classic be far behind?

If all this makes this rich, elegant resort area sc just a little tacky—well, you might say that. If not else, the city is a mass of surprising contrasts. Lush g lawns and impeccably manicured golf courses s strangely out of place plopped down in the middle of brown, parched earth. Sumptuous four-star restaur are lined up next to Taco Ricos.

But thanks to its natural resources, the Coachella ley is also an unusually beautiful, serene slice of hea There's something majestic about the rugged landsca especially the rings of wrinkled brown hills, which on a yellow glow when the sun begins to set. Behind t lies a row of taller mountains, which during winter covered with (surprise!) snow. It's hard to shake the ing you've entered some cosmic California time war you lie by the poolside sipping cool, tropical drinks stare up at the snow-covered peaks surrounding you.

Nowhere is the contrast more evident than when take an exhilarating (and somewhat scary) ride up Palm Springs Aerial Tramway to the top of Mount cinto, some eighty-five hundred feet above the deser fourteen minutes, you can watch the scenery change palm trees to pine trees before exiting at the snow-ca mountain station, where the temperature is about degrees cooler than when you began your short journ

Immediately behind the tramway is breathtaking Jacinto Wilderness State Park, thirteen thousand acr hiking trails and campgrounds. In the summer you take a mule ride through the forest, and in the winter can rent skis, go cross-country skiing, and still mal back to your hotel for a swim before dinner. In ei case, make sure to leave an extra hour to hike one o nature trails—an easy one-and-a-half-mile trek leads





f the last river you rode had a view of the parking lot,



it's time to find yourself in Wyoming.

tacular desert view. Bring your camera!

hile you're in the mood for a nature walk, make sure isit the Living Desert in neighboring Palm Desert. n thousands of native plants, bushes and cacti and a ber of desert animals—from snakes to coyotes to the bian oryx—this impressive twelve-hundred-acre zoo- al park and botanical garden forever dispels the no- that the desert is a barren wasteland. Make sure to d time in the delightful gardens, which show how the ve Cahuilla Indians learned to use the leaves and s of various desert plants for everything from food to tives.

the Palm Springs area there is one more sport not to nissed—and don't worry, it doesn't involve walking, ng, climbing, or even swinging a golf club. Thousands urists come to the Coachella Valley for the purported tive effects of the naturally hot mineral pools that the town its name. A number of hotels pump in the ning hot water from underground wells into pools, the most extensive facilities are at the Desert Hot ngs Spa, which includes more than a half dozen pools fferent temperatures, as well as a bar, saunas and seurs.

e valley offers some of the most luxurious accommo- ons this side of Robin Leach. If you don't mind plop- down $235 for a double room and up to $1,200 for a e-for suite (don't worry—the price includes your own alm and leather-bound *TV Guide*), make sure to stay e Marriott's Rancho Las Palmas resort, in Rancho ge. This secluded complex, spread across two dred forty lush acres, includes golf, tennis and e pools, where pool boys come around and spritz you water as you recline in the hot desert sun.

Rancho Las Palmas is a bit out of your price range—

and you can somehow do without complimentary water spritzing—try the Desert Princess Resort, with equally impressive facilities, in Cathedral City, or the Wyndham, a classic downtown hotel attached to the convention center in Palm Springs and within an easy walk of shopping and restaurants.

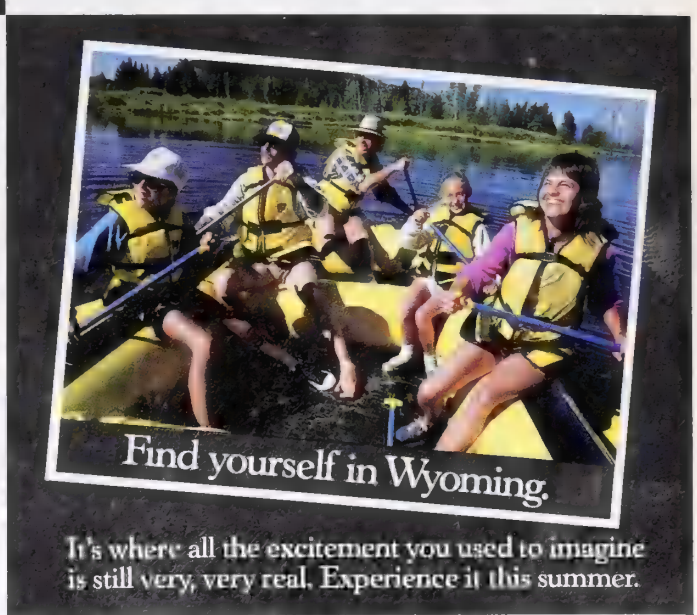
Until recently, the Coachella Valley offered surprisingly few choices for good dining—it seemed the only option was the fast-food chains, which popped up on every major thoroughfare like celebrities at the Bob Hope Golf Classic. That's all begun to change, however, and the area now offers a number of first-rate restaurants, including Palm Springs's best-known chic eatery, Melvyn's, a favorite with celebrities, and rated one of the world's ten best by *Lifestyles of the Rich and Famous*. If you don't trust Robin Leach, take the advice of the Southern California Restaurant Critics, who chose the intimate Cattails, in Cathedral City, as their favorite in 1987, or the nearby Wilde Goose, noteworthy for its five delicious duck specialties. And no trip to Palm Springs is complete without a visit to Sonny Bono's restaurant, at least for the chance to see Sonny.

Spring is the perfect time to visit the Coachella Valley. The temperature is in the seventies and eighties (compared with 100°F.-plus in the summer), the desert flowers are blooming and there's almost never a cloud in the sky.

But don't tell that to the sun-weary citizens of Palm Springs. You'll only depress them.

For more information, call the Greater Palm Springs Convention and Visitors Bureau (619-327-8411) or the Desert Resorts Convention and Visitors Bureau (619-568-1886). Or contact the Greater Palm Springs Reservations Bureau, 800-333-7232, inside California; 800-333-7535, outside California.

—ERIC SHERMAN



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    _____
    _____
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    (_____) _____ - _____

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OFF THE BEATEN TRACK IN IDAHO

u want to experience the wilder- in all its glory, your best vacation are in the state of Idaho.

arsely populated, with a mini- of publicly traveled road sys-, Idaho is an area of wild rivers, uched wilderness, snow-capped ntains and wild-animal habitat. side rests, historic sites and well- tained campsites are generous ughout the state. What better to sleep out than in the midst of eous scenery, under a close, clear hat blazes with stars?

dden between and sometimes shadowed by Washington State, on, California, Nevada, Utah and ana, the state of Idaho—known ly for the large potatoes grown in h-soiled southern sections—boasts nificent and diverse beauty. From ocky canyons around the Snake r Gorge, to the golden prairies of geville and Moscow, the ultra- crystal-clear lakes of Coeur ne and the numerous ski resorts, tate has something for everyone. for wilderness travel, Idaho can't eat. It offers unparalleled views great services for the camper and ler.

ring a drive through Idaho, it's ncommon to glimpse moose, elk eer quietly grazing in the dis- —or even along the roadside. her riding horseback, river raft- r just sitting on the front porch of k-country guest ranch, you'll be to spot bear, bighorn sheep and ntain goats. In the evenings, look oyotes and lone wolves howling their lairs among the evergreens. lderness guest ranches, located om the regular telephone service, ricity and roads of civilization, are e spots if you're looking for a taste other Nature. The ranches are lete with soft beds and hot and running water. The licensed and ed outfitters who run these ranch- e available year-round to guide tioners on horseback-riding, fish- hunting, boating, snowmobiling cross-country ski trips. There to guests supplied with all the food, re and equipment needed, and to sure all in your party are safe accounted for, an outfitter is in- able (especially in those settings e the nearest phone or other hu- sign might be fifty to one hundred miles away!).



Idaho has set strict standards for its outfitters and guides, and it was the first of the lower forty-eight states to do so. Its most famous guide was of course the Indian woman Sacajawea, who in 1805 led explorers Lewis and Clark through the Northwest. Beginning on Highway 12 at Lolo Pass, you can follow their route, which eventually ends up at the Pacific Ocean.

A favorite tourist treat is the abundance of restored homesteads—originally built by the trappers, miners and shipkeepers who settled the state a century ago—along the Salmon River and in small towns close by. Each year, hundreds of visitors climb up the banks from their chartered jet boats or rubber rafts, or tie up their horses and walk into sections of history. By the Salmon, for example, sits the home of a Chinese woman sold into slavery in the late 1800s and sent to the U.S., where she eventually married a settler and lived out her long life along the water's edge. There are also the carefully preserved buildings of a man who lived in totally self-sufficient isolation for thirty years—the classic hermit.

Higher up, in the heart of the Nez Perce National Forest, stop in the friendly towns of Dixie and Elk City, once centers of the gold rush. Travel by horse and wagon back to the old Cook Ranch, homesteaded in 1896 by two fur trappers who left their legacies in mountain peaks, which they named after favorite horses. You can see the remains of their cabins along Bargamin Creek, and a two-story log home built in 1919, still in great condition.

Unique to Idaho, and the salvation of its forest-dwelling families in small towns and ranches throughout the state, is the Salmon River Air Star Route, run by pilot Ray Arnold and his wife, Carol, out of Cascade. On his three-hundred-mile mail route, Ray flies a Cessna aircraft, which covers some of the most difficult-to-reach country in America. He also flies in groceries, news and guests. He is one of only a handful of pilots available year-round to take visitors into the back country, and in the words of his many patrons, "That Cessna ride was the best—what a way to enjoy the beauty of Idaho!" —C.A. COLEMAN

The Idaho Outfitters and Guide's Association publishes a directory—updated yearly—of ranches, outfitters and sights. To obtain a free copy, write to the Idaho Outfitters and Guides Association, P.O. Box 95, Boise ID 83701, or call 208-342-1438.

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TRAVEL JOURNAL

GNIFICENT MACKINAC ISLAND

ou're looking for a vacation spot 's beautiful, quiet, romantic and k-full of activities the whole fa- will enjoy, search no farther n Michigan's charming Mackinac nounced Mackinaw) Island. Sur- ded by Lake Michigan, Lake Hu- and the Straits of Mackinac, the d is a picturesque gem with -of-the-century flavor that has attracting visitors for more than hundred years. In 1895, 85 per- of Mackinac Island was declared tional park.

hat makes the island so unique? le from the lush woodlands, thtaking vistas and quaint Vic- an architecture, Mackinac Island is icularly enchanting because no are allowed—visitors get around iding horse-drawn carriages and cles (including bicycles built for in the summer, and in the winter use snowmobiles. The more ad- urous can rent horses or drive- rself horse-drawn carriages (the es are extremely well trained and *not* get lost!). Taxi service is avail- all over the island for $2 to $4 way, depending on your destina- (horse-drawn taxis, naturally).

he best way to become familiar n Mackinac Island's history is to a carriage tour. The tour, expert- arrated, has stops at various loca- s of interest along Market Street, uding Beaumont Memorial, named William Beaumont, an army doctor Fort Mackinac who was credited n explaining the digestive process the first time; the Astor Ware- se, where pelts were processed; and Edward Biddle House, home of fur ler Edward Biddle of the prominent ladelphia Biddle family. The Grand el, another stop, is a stately, pil- d resort built in 1887 that boasts longest porch in the world, 660 feet! But perhaps the most interesting stop is Fort Mackinac. The fort ed as an important military out- for the Great Lakes area during eighteenth and nineteenth centu- . Its main purpose was to protect fur trade—from 1780 to 1835 kinac Island was the principal de- tory and shipping center for wild- nal pelts destined for eastern and opean markets. The fort was given he people of Michigan by the feder- government in 1895. Visitors can erience costumed reenactments, in- ling musket- and cannon-firings and craft demonstrations. Guides will also point out where former President and Eagle Scout Gerald Ford slept when he served as a Fort Mackinac guide in 1929.

The bicycle/walking path that circles the island is about nine miles around. Depending on your pace, and how many sightseeing stops you make, it'll take you one hour to three hours to complete your journey. While riding or walking you'll be flanked by the shore on one side and natural wonders on the other. Stop at famous Arch Rock, a prehistoric rock formation that rises 146 feet above the water, and Sugar Loaf, another natural formation that rises about seventy-five feet from the ground.

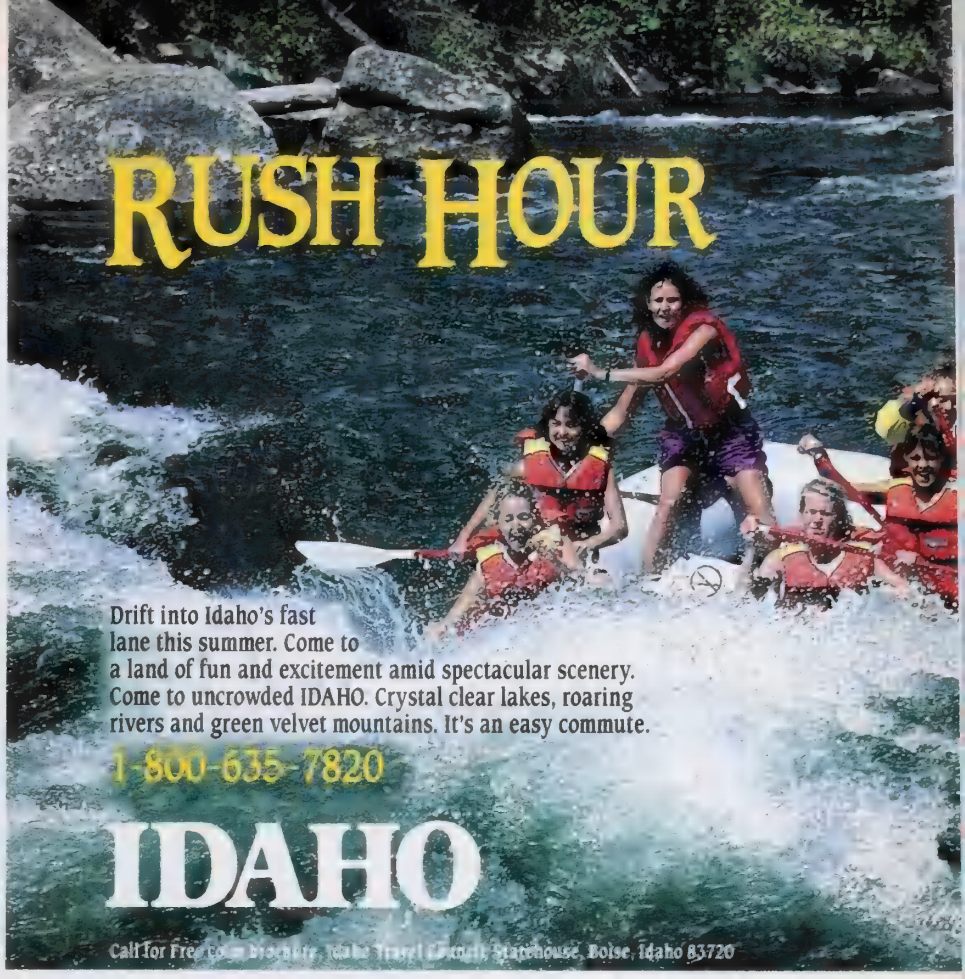
On bustling Main Street, you'll find most of the island's restaurants, which range from sandwich shops (Murray's Delicatessen offers no less that fifty different kinds of sandwiches!) to more elegant hotel dining rooms (the Harbor View Dining Room at the Chippewa Hotel, the Carriage House at the Iroquois Hotel, and the Cable Room at the Lakeview Hotel, to name a few). There's an abundance of fudge shops—visitors to the island are called fudgies because they consume so much of the stuff! Check out May's Fudge, the oldest fudge shop in the U.S.

As for lodging, you can choose from inexpensive bed and breakfasts and small hotels that start at about $40 a night for a double; moderate-price hotels (many of which offer views of the straits), which charge approximately $110 a night for a double; or the luxurious Grand Hotel, where doubles average $315 a night. Of the moderate-price hotels, one of the most charming is the Windermere, owned by Margaret Doud, mayor of Mackinac Island

In addition to the fun of exploring the island, there's golf, tennis, swimming (although the straits is usually too cold to swim in, you can swim at hotel pools such as Stonecliffe and the Grand Hotel) and, of course, shopping.

The season at Mackinac is mid-May to mid-October. To get to the island, you can take a ferry from Mackinac City or St. Ignace. There's plenty of parking whether you're going for one day or a week. Commercial airlines from Detroit and Chicago provide daily service to Pellston Airport, seventeen miles south of the Mackinac City ferry docks. Air taxi service between the Pellston, St. Ignace and Mackinac Island airports is available twenty-four hours a day. For more information, call the Mackinac Island Chamber of Commerce: 906-847-3783/3761. Or call the Mackinac city clerk at 906-847-3328.

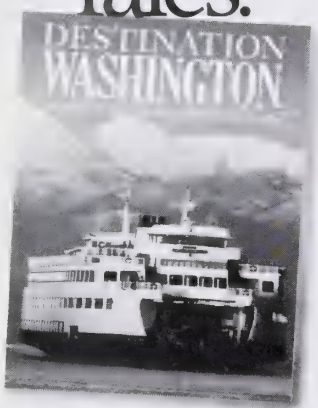
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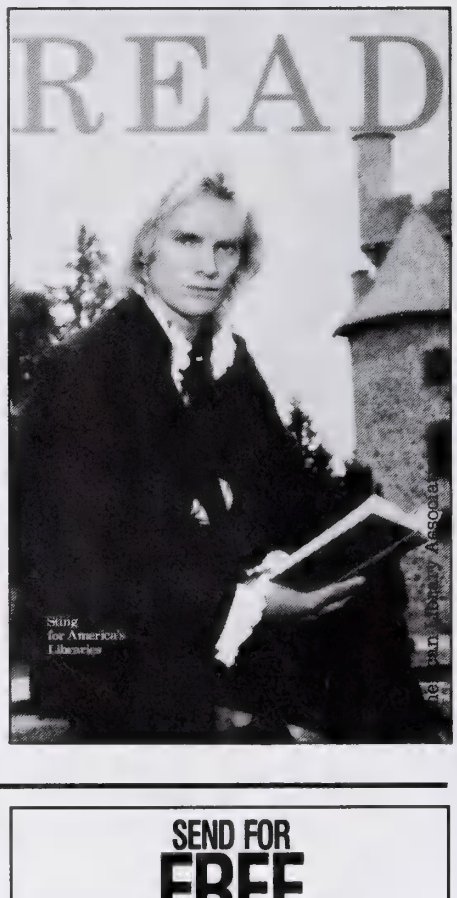
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TRAVEL JOURNA

DESERT ADVENTURE

Standing at the edge of a one-th sand-foot cliff overlooking miles of sert sandstone and scrub brush, yo ask yourself, Can this be the home the "people of the blue water"?

Yet as dry and desolate as it appe from Hualapai Hilltop, this is the ga way to what many have called a tro cal Shangri-la. The main attraction the peaceful village of Supai, home the Havasupai Indian tribe as well three awesome waterfalls, and sky-blue pools they fill.

Hualapai Hilltop is sixty mi north of Arizona Highway 66, the mous old Route 66 that recently v bypassed by Interstate 40 throu northern Arizona. The turnoff is ab thirty miles west of Seligman, n Grand Canyon Caverns.

The parking lot at Hualapai Hill is a transfer point for further travel foot or by beast. You can also get Supai by helicopter from the hilltop from South Rim Village, one hundi miles away.

A hike or horseback ride to Su will take you into the canyon alon relatively level eight-mile trail. T last few miles bring you deep into canyon—where the sandstone wa tower hundreds of feet above you. the end of Hualapai Hilltop, yo glimpse Havasu Creek, a crystal-cl spring-fed stream. Follow the cre downstream another mile, and yo see Supai, an all-Indian village farmers and tourism entrepreneurs the Havasupai Reservation.

When you arrive in Supai, yo find that there are no streets; m people walk or ride horses on the c trails. In addition to a lodge, there' post offfice, grocery store, café and m seum. The tourist headquarters just across the trail from the helipo

About a half mile from the village the first of three spectacular wat falls, the meandering Navajo Fa The water of Havasu Falls casca over a sandstone lip into a pool crea by tree limbs and mineral deposits series of natural bathtubs make gr swimming holes. The entrance to H vasu Campground is about a hundi yards from Havasu Falls, and campground itself extends about a h mile to Mooney Falls, the tallest a most spectacular of the waterfalls.

For more information, you can wr to Havasupai Tourist Enterprise, G eral Delivery, Supai, AZ 86435; 6 448-2121. —RICHARD VELO



MARVIN BUSH

ontinued from page 192

hundreds of tests, doctors con-ed the earlier diagnosis of ulcer-e colitis. Throughout my hospital my condition steadily worsened, I lost thirty pounds. I began to l internally and became violently veral times. Since I couldn't keep food down, I was fed intravenous-was also taking potent pain medi-n, and the next couple of weeks a blur.

metimes I think I might not have d through if it hadn't been for the g support of my wife and family. garet had faced ovarian cancer n she was a child; her bout with a serious illness had given her a voir of strength that was ex-ely helpful to me during my or- She refuted the notion that my ness might make me a weaker or ppier person, or that my illness bigger than I was.

st nights, Margaret slept in a tal cot alongside my bed. Despite usy schedule, my father was at edside every morning and eve- and my mom was with me for a part of each day. I think it was ially painful for my parents to see o ill, because they'd lost one child before I was born. My sister died from leukemia when she was four years old.

A serious decision

As I lay in the hospital, the question of whether I'd need surgery loomed. One day my mother came in with my regular physician, W. Tabb Moore, M.D., and a surgeon, Peter Petrucci, M.D., who explained that my vital signs were weakening. To survive, I'd need a form of surgery that would result in something called an ostomy. An ostomy, he explained, is an opening in the abdomen surgically created for the passage of waste. About one million people have undergone ostomy surgery; many of them wear a pouch that is attached to the body at the opening to collect waste.

As Dr. Petrucci described the external pouch, I was too numb—and too stubborn—to absorb the fact that I would have to wear one.

Dr. Petrucci then described the relief other patients experience after ostomy surgery. I thought of the alternatives: the unbearable pain, the increased risk of colon cancer associated with long-standing colitis and, possibly, death. Wearing a pouch seemed a small price to pay for the privilege of leading a normal, productive life.

The next morning, May 6, 1986, the procedure was done. There are several types of ostomy surgery; I had an ileostomy. (For more about bowel disease and ostomy procedures, see page 195.)

When I woke up, I felt something strange attached to my waist. At first, I felt pretty depressed; I figured wearing a pouch meant I wouldn't be able to play sports anymore. But a few days after my surgery, I got a call from Rolf Benirschke, former placekicker for the San Diego Chargers [and now the daytime host of *Wheel of Fortune*], who told me how wrong I was. Ulcerative colitis had nearly killed Rolf when he was twenty-five.

Rolf told me that following his surgery, he kicked for the Chargers again and even won several awards. Now, retired from pro football, Rolf has devoted himself to educating and helping others like himself and me. He chairs the selection committee of "Great Comebacks," an annual awards program for people who have overcome IBD and ostomy surgery. This year I'll join him on the committee.

It took five or six weeks to regain my strength after the operation. But, to my great relief, I was no longer a slave to the bathroom!

Of course, getting used to the pouch was awkward at first. *(continued)*

Ladies' Home Journal

TRAVEL PLANNER

If you're planning a vacation, we'd like to help. Listed below are *Ladies' Home Journal* advertisers offering free booklets and brochures. Simply check the travel information you'd like, and circle the corresponding numbers on the accompanying Travel Planner coupon.

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continued

But once I learned how to empty it (several times a day, no more often than you visit the bathroom) and change it (about every four or five days), I was fine. The pouch fits snugly beneath my trousers and has no effect on any of my activities.

A welcome-back-to-life present

After I came home from the hospital, something wonderful happened. We'd been trying to adopt a child for five years. Eight days after my surgery, a little girl was born in Texas, and word came from the agency that we had been chosen as her adoptive parents.

Marshall, whom I nicknamed "My Midget," was like a gift to celebrate my survival.

Having an ostomy hasn't slowed me down one bit as a father, as a businessman—I'm now one of three partners in a small investment firm—or as a speaker. I've traveled quite a bit on my dad's behalf. I can eat pretty much what I want, and I'm still very athletic, with basketball, touch football and tennis on my roster of activities.

I have to admit that when I first encountered this blip in my happy life, I thought I'd gotten a raw deal. But I'm thirty-two now, and I realize what a great deal I've got—I'm alive and I'm healthy. I plan to stick around a long, long time . . . long enough to play with my little Midget's children someday. ■

the facts about bowel disease

By Ann Ferrar

Ulcerative colitis—often simply called colitis—is one of the two most common forms of inflammatory bowel disease (IBD). The other common variation is Crohn's disease. Ileitis is one form of Crohn's disease.

Two million people in the United States have IBD, with thirty thousand new cases diagnosed every year. IBD most commonly strikes people from the teenage years through the early thirties. Contrary to what many assume, IBD has nothing to do with stomach ulcers, stress or eating spicy foods.

While some confuse the disorder with irritable bowel syndrome, sometimes called spastic colon—caused by abnormal contractions of the bowel—they are totally unrelated, though some symptoms, such as diarrhea and cramping, are similar.

The underlying causes of IBD remain a mystery. Research suggests ileitis has a hereditary component—about 20 percent of sufferers have a close relative with IBD.

The main difference between colitis and ileitis is their location in the gastrointestinal (GI) tract. Colitis causes ulceration of the lining of the large intestine and sometimes the rectum. Ileitis usually affects the lower part of the small intestine; Crohn's disease can damage any part of the GI tract.

Colitis and ileitis manifest themselves similarly, though the severity and frequency of symptoms differ from person to person. Abdominal pain, diarrhea or constipation or both, rectal bleeding, fever, dehydration, nausea and weight loss are common.

Medication and dietary changes can often keep moderate IBD under control. Anti-inflammatory drugs, antibiotics and immunosuppressive drugs are all used to treat IBD. Soft, bland food may be prescribed.

When these measures aren't effective, doctors may suggest ostomy surgery.

During an ostomy procedure, the diseased portion of the GI tract is removed, and a small portion of the remaining intestine is brought out through the surgical opening in the abdominal wall. Many patients must wear an external pouch attached to the abdomen to collect body waste.

Some common ostomy procedures include colostomy and ileostomy, in which the opening is created, respectively, in the large intestine (colon) or small intestine (ileum), and ureterostomy, in which the opening lies in the urinary tract.

A small number of patients have been able to undergo newer operations that do not require an external pouch. In such cases, surgeons construct pouches within the lower abdomen. The patient empties the internal pouch by inserting a thin tube through the abdominal opening, which is covered with a special patch.

The latest operation, known as an ileoanal pull-through, permits patients to defecate normally. In this procedure, the ileum is attached to the rectum, which does away with the need for a surgically created opening.

A person who has recovered physically and emotionally from any type of ostomy surgery can lead a normal, productive life that encompasses work, sports and sex.

For more information about colitis and ostomies, contact these organizations:

- **National Foundation for Ileitis and Colitis (NFIC), 444 Park Avenue South, New York, NY 10016-7374, 800-343-3637.**
- **ConvaTec Professional Services, CN 5254, Princeton, NJ 08543-5254, 201-359-9224.**
- **United Ostomy Association (UOA), 36 Executive Park, Suite 120, Irvine, CA 92714, 714-660-8624.**

Clean Living.



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A MOTHER'S JOURNEY

continued from page 146

although Jackie had vowed after her husband's death "to live in the places I lived with Jack," she soon realized her family had to escape from the well-meaning but intrusive public of Washington, and the close-knit Kennedys as well. "Jackie understood the importance of creating a family unit apart from the larger Kennedy family," says Doris Kearns Goodwin, a friend and author of *The Fitzgeralds and the Kennedys* (St. Martin's Press, 1987). "She recognized that the children would get strength from the grandparents and cousins, aunts and uncles, but it was growing up with a feeling of belonging to their own small family that would give them stability." So in September 1964, the three moved to New York in search of normalcy and relative anonymity.

There, in her fifteen-room apartment overlooking Central Park, Jackie surrounded her children with interesting grown-ups. "It didn't matter that Arthur Schlesinger or John Kenneth Galbraith was in the room; there was always a child in there listening," says author George Plimpton, a frequent guest. "She had a way of igniting their intelligence."

For the most part, however, the children's days were filled with childish things. Jackie felt it was extremely important for John and Caroline to have friends and did everything she could to ensure that, encouraging them to invite their playmates home for dinner. She went to bat for Caroline when she learned her classmates at the Convent of the Sacred Heart weren't inviting her to their parties. Jackie called the other mothers and told them she understood that they probably didn't want it to seem as if they were inviting Caroline simply because she was famous. But "after all, Caroline's only a little girl," she said. After that, Caroline was always included.

John, meanwhile, was enrolled at Saint David's, an elementary school for Catholic boys. "Mrs. Kennedy was a sensible, affectionate mom who had a straight relationship with her son," recalls headmaster David Hume. "Some people coo over their children. But by the time children are seven or eight, you shouldn't coo. When they reach out a hand, you should hold it. When they want to let go, you should let go. She understood that."

A few years later, when Jackie decided to transfer John to Collegiate, a secular school, news reports said it was because Saint David's wanted him to repeat second grade. A letter Hume sent to a magazine denying the rumor was never printed. That incident pr ably fueled Jackie's resolve to keep h children out of the public eye.

Although some say John's trans to Collegiate was made at the urgi of Jackie's friends among the N York literati, others say it was in a ticipation of "The Vows Heard Rou the World": her controversial marria in October 1968 to the Greek shippi tycoon Aristotle Onassis.

A search for security

By marrying Onassis, a divorced n Catholic, Jackie risked excommuni tion. It is primarily for that reas some say, that she sent John to Col giate and later transferred Carol from Sacred Heart to Brearley, a n sectarian girls' school. While Jac may have wanted her children to ha a secular education, she surely a wanted to spare them any taunt they might experience in Cath schools while she was being castiga in the press as a public sinner.

Jackie was willing to endure s criticism herself, however, if her m riage to Onassis, twenty-nine years senior, would give her children the se rity they needed. "I hate this count she said after Robert Kennedy killed in June of that year. "I desp America. If they are killing Kenne my kids are the number-one target want to get out of this country." W better place to escape to than Onass private island of Skorpios? Althou Ari might have been ugly and vulga many eyes, he was also a billiona and fulfilled the goals Jackie sketc in the 1951 book *One Special Summ* written with her sister, Lee. In it, envisions herself as the daughter Charlemagne. She didn't dream of h self as "Jacqueline Bouvier, edit says John H. Davis, Jackie's cousin author of *The Kennedys: Dynasty Disaster* (McGraw-Hill, 1984), but a "fairy-tale princess."

As is typical, neither Onassis's c dren nor Jackie's were thrilled ab the marriage. Again Jackie ac wisely by making it easy, though imperative, for her kids to acc Onassis as a stepfather. She inclu them in the Greek Orthodox wedd service on Skorpios, but she mad clear that they would keep the Ken dy name and continue to live in N York. She and her husband agree spend only Catholic holidays and s mers together—usually in Greece.

Despite her frequent trips abr Jackie was hardly an absentee mot In New York, she helped her child daily with their homework and sp weekends horseback riding with th She attended Caroline's ballet cla and cheered her son on (continu

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- cup sugar
- teaspoons **SPICE ISLANDS®** Ground Cinnamon
- teaspoon salt
- teaspoon **SPICE ISLANDS®** Ground Nutmeg
- packages **FLEISCHMANN'S®** Active Dry or RapidRise™ Yeast
- cup milk
- ½ cup water
- ¼ cup butter or margarine
- 3 eggs, at room temperature
- 1 (8-ounce) package **DROMEDARY®** Pitted Dates, snipped, or **DROMEDARY®** Chopped Dates
- 1 egg white, lightly beaten with 1 tablespoon water

large bowl, combine 1½ cups flour, sugar, cinnamon, salt, nutmeg d undissolved yeast.

eat milk, water and butter until hot to touch (125° to 130° F°). adually add to dry ingredients; beat 2 minutes at medium speed electric mixer, scraping bowl occasionally. Add eggs and ½ cup ur; beat 2 minutes at high speed, scraping bowl occasionally. th spoon, stir in enough additional flour to make soft dough. ead on lightly floured surface until smooth and elastic, about o 8 minutes. Cover; let rest on board 20 minutes (10 minutes for pidRise Yeast.)*

nch dough down; turn out onto lightly floured surface. Knead in tes. Divide dough into 18 equal pieces; form into smooth balls. ace balls on greased baking sheets, 2 inches apart, or in 2 greased nch square baking pans. Cover; let rise in warm, draft-free place til doubled in size, about 30 minutes.

ush with egg white mixture. Bake at 375° F for 20 minutes or til done. Remove from pans and cool on wire racks. Drizzle or e vanilla frosting on rolls to make a cross.

desired, place dough in greased bowl; ver. Let rise in warm, draft-free ce until doubled in size. Punch ugh down; proceed with recipe.

nilla Frosting: Stir together cups sifted confectioners' sugar, 2 tablespoons milk and ½ tea- on vanilla extract.



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during his wrestling matches.

Because of his younger age, it was easier for John to relate to Ari as a stepfather. And it was more important, too, as far as his mother was concerned: She desperately wanted him to have a male role model.

As might be expected, Caroline had a harder time warming to Ari, and Jackie didn't push her, perhaps because she remembered how she felt when her own mother remarried.

Old enough when her father died to have vivid memories of him, Caroline was the keeper of the flame. As a teenager, her room was a virtual shrine to JFK, filled with his pictures. When Jackie's brother-in-law, Stash Radziwill, once suggested she encourage Caroline to take some of them down, Jackie said, "I couldn't; I simply couldn't."

Finally, Caroline may have remained somewhat aloof from Onassis, despite his kindness to her, because she was old enough to catch headlines about his trysts with Maria Callas and Jackie's jealous rages. Still, Caroline had enough fondness for Onassis to call him, unprompted, from boarding school as he lay dying in a Paris hospital.

Although the marriage was widely rumored to be headed for divorce when Onassis died in 1975, it had probably served the children well: It gave them, if not a father, a kindly grandfather figure; and it gave them time, during summers in Greece, to discover themselves away from not only the prying eyes of the public but also from the influence of their Kennedy cousins. What's more, the $26 million settlement Jackie negotiated with Christina Onassis gave her family financial security for life.

Finding an identity

As her children grew, Jackie's constant message to them was that they were John and Caroline first, Kennedys (or Bouviers) second. She sent them to boarding schools that were not "society schools" like Miss Porter's, which she attended, but tough schools where they would be intellectually challenged. Instead of pressuring them to succeed, she helped them to do so. When John's grades flagged, she sent him to a top adolescent psychiatrist in New York to get him back on track. And when he decided to go to Brown University instead of the Kennedys' alma mater, Harvard, Jackie backed him. She was not interested in raising another JFK, but in raising his son.

She was just as interested, too, in helping Caroline find her own identity. Jackie may have been flattered indeed when, over the years, Caroline emulated her interest in riding, photography, journalism and the arts. Yet when her passion for ballet didn't "take" in Caroline, Jackie didn't force her. Nor did she force her to make a society debut, although in her time Jackie had been Debutante of the Year.

Says Dr. Turecki, "When it comes to things like ballet dancing versus horseback riding, I believe the personal preference of the child should be respected. We can say to our children, 'It's very important for you to have an interest or hobby,' but we can't dictate to them what it should be."

That doesn't imply, however, that parents don't sometimes have to take a stand. Although Caroline and John were basically "good kids" throughout their rebellious years, they were normal adolescents: There was the joint birthday party at Le Club for John's eighteenth and Caroline's twenty-first that turned into a virtual brawl, and there was the time her mother ordered Caroline to leave Spain after hearing she was about to fight her first bull.

"Raising children is the best thing I've ever done," Jackie says. "Being a mother is what I think has made me the person I am."

Jackie also reportedly objected strenuously to John's interest in acting as a career; she felt it was undignified and potentially dangerous. When he co-starred—and won rave reviews—in a play at the Irish Arts Center, in New York, four years ago, his mother did not go, apparently to convey her displeasure. Such an action can be appropriate, says Rosalind Barnett, Ph.D., a clinical psychologist in Weston, Massachusetts. "If you truly think your child is heading in the wrong direction, then not endorsing it is the only way to go. But it doesn't have to mean your relationship is over; you simply agree to disagree."

The freedom to express themselves openly is probably another reason that Jackie's children have managed to avoid drinking and drug problems. "When children have no outlet for their feelings, that's when they 'medicate' those feelings with pot, alcohol, or cocaine," says Maureen Dudley, of St. Mary's Rehabilitation Center.

A happy family

If it all fell apart for the John F. Kenn dys twenty-five years ago, today it h all come together. Jackie, no long needing to be protected by a power man, has built herself a career in pu lishing since Onassis's death. She h become a major force at Doubleday, sponsible for a number of best-selle including the autobiographies of M chael Jackson and dancer Gelsey Ki land. She also has a steady man in h life, financier Maurice Tempelsma Since he's married (although estrang from his wife), remarriage is unlike But so is the wagging of tongues; t public has finally accepted Jackie her own terms.

And she accepts others on thei When Caroline announced her int tion to marry Edwin Schlossberg Jewish, artsy, unathletic, about as u Kennedy as they come—Jackie w comed him. Having recently bapti their daughter, Rose, in a Catholic c emony attended by much of the K nedy clan, Caroline and Ed say th will raise the little girl in the sa low-key, loving way that Jackie rai her children. Meanwhile, Caroline v divide her time between practicing l and playing an active role in her ther's memorial, the John F. Kenn Library and Museum in Boston.

Her baby brother John will finish l school this spring—and follow in family tradition of public service, taking a $29,000-a-year job as an as tant prosecutor in the office of Manh tan District Attorney Robert Morg thau. It seems likely, too, that he continue to make female hearts flut Although John (named "the sexiest m alive" by *People* magazine in 1988) d not appear to be the playboy his fat was, he has been linked with an ar of celebrities from Princess Stephani Madonna. Still, he generally has o one girlfriend at a time (for the last years, it's been actress Christina Ha a Brown classmate).

At Caroline's bridal dinner in 19 John stood up and talked about h pleased he was that Ed had asked h to be his best man. "All of our liv John said, "there's just been the th of us—Mommy, Caroline and I; there's a fourth."

Afterward, Doris Kearns Good remarked to Jackie that she must very proud of creating that bond tween her children. "It's the best th I've ever done," Jackie answered. ing a mother is what I think has m me the person I am."

Caryl S. Avery is a free-lance writer cializing in psychology.

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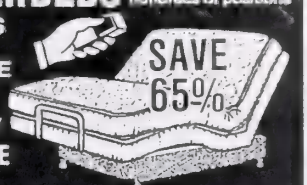
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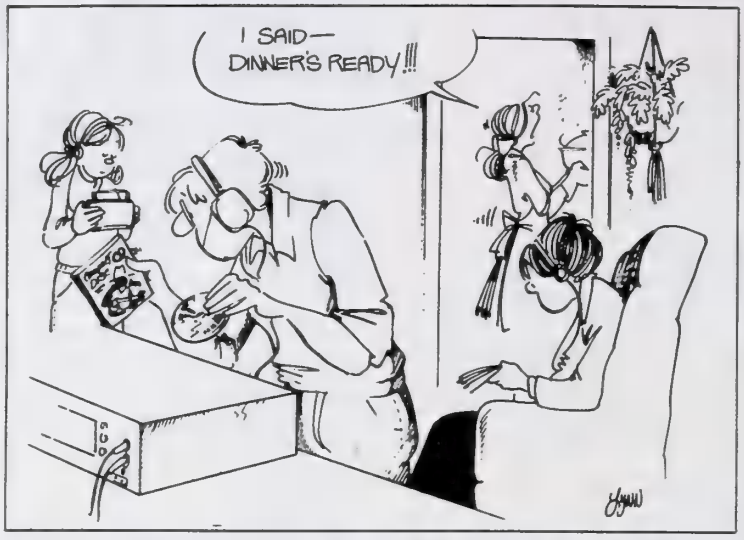
Out of the mouths of babes

While we were visiting a local pet shop, my six-year-old niece ran over to a cage containing several exotic green birds. "Look, Aunt Sue," she said excitedly, "those canaries aren't ripe yet!"
—Suzan L. Wiener, Spring Hill, FL

While we were having breakfast at a restaurant, a waitress asked our seven-year-old what he would like. "Eggs and toast," he replied. When she asked him how he'd like his eggs, he looked very puzzled and said, "I don't know, I haven't tried them yet." *—Kent Smith, Lakewood, CO*

I asked my four-year-old nephew, who's quite a clown, how he enjoyed his first day of preschool. "Not too much," he replied. "The teacher kept interrupting me."*—Sue Ann Lane, Kingwood, TX*

FOR BETTER OR FOR WORSE **By Lynn Johnston**



From the 1989 FOR BETTER OR FOR WORSE CALENDAR, by Lynn Johnston. Copyright © 1988 Universal Press Syndicate, published by Andrews and McMeel. Reprinted by permission.

A PRIMER ON MEN

ADOLESCENCE the period between puberty and maturity, characterized by moodiness and excessive partying. Generally lasts from ages 12 to 21 in females and from ages 13 to 85 in males.
GOURMET a man who uses Dijon mustard on a hot dog.
HUNK 1. a man who looks like Tom Selleck; 2. a man who looks like Gomer Pyle but owns a multimillion-dollar corporation.
LIBERATED MALE one who no longer clings to the macho image. Example: While a macho male refuses to help with the dishes, a liberated male often says to a woman, just as she finishes with the dishes, "Hon, can I help you with the dishes out there?"
From DATING, Copyright © 1988, by Nancy Linn-Desmond. Published by arrangement with Lyle Stuart, Inc.

BACK TO THE NEST

What's making our comfy king-size bed
Seem cramped and oh-so-little?
It has to be our lonely child
Who's sleeping in the middle!

—Maureen Egbert

COMING IN April



A cut above From bobs to curls to straight and sleek, find out the long and short of the styles making headlines this spring.
Say cheesecake! Hazelnut, raspberry-chocolate ripple—don't miss our recipes for elegant versions of the classic dessert.
Clutter control The cleaning crew is on patrol to pick up the house! We went through one family's home to help them find a place for everything and put everything in its place.
The oat bran cookbook Cash in on the cholesterol-cutting benefits of oat bran with our entrées, breads and coffee cake. We give you how-tos for adding it to other foods, too.
Big help for little ailments Got a nagging headache, allergy, stomachache? Remarkable new treatments and drugs make "take two aspirin and call me in the morning" a prescription of the past.

Ladies' Home Journal ® (ISSN 0023 7124) March 1989, Vol. CVI, No. 3. Published monthly by Meredith Corporation, 100 Park Avenue, New York, NY 10017. Back-issue copies available. Subscription prices U.S. and Possessions, 1 yr. $19.95; Canada, 1 yr. $27.95; all other countries, $27.95. Second Class postage paid at New York, NY, and at additional mailing offices. Authorized ■ second-class matter at Post Office Department, Ottawa, Canada, and for payment of postage in cash. Printed in U.S.A. **POSTMASTERS: Send address changes to Ladies' Home Journal, P.O. Box 10895, Des Moines, IA 50336-0895.**

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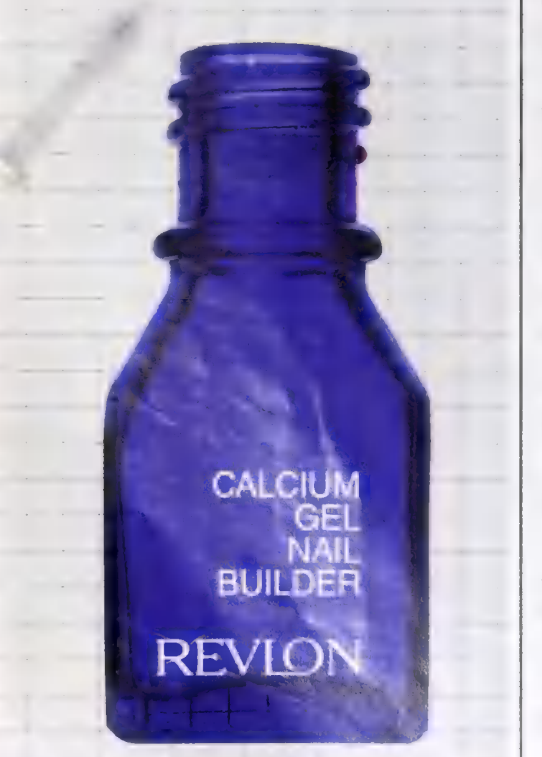
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LADIES' HOME Journal® VOL. CVI NO. 4 APRIL 19

IN THE NEWS



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Cover photo of Jaclyn, Reid Miles; hair and makeup, Alfonso Pine for Cloutier; jacket, Patrick Kelly; scarf, Patricia Clyne; earrings, Fragments; Jaclyn's makeup—Sat Splendor Flawless Complexion Makeup in Cool Beige, Satin Blush in Chameleon, Lasting Color Lipstick in Chameleon Creme, LA Nails in Bel Air Beige, 2000 Calor Mascara in Licorice, Quick Draw Magic Eyeliner Pen in Magic Black, Erase Coverup in medium, Satin Shadow in Rosewood and Café Au Lait. All makeup by Max Fact Photo of Melanie, D. Kirkland/Sygma; Shirley, Michael Childers/Sygma. Photos, this page, from top: Marty Umans, Globe Photos.

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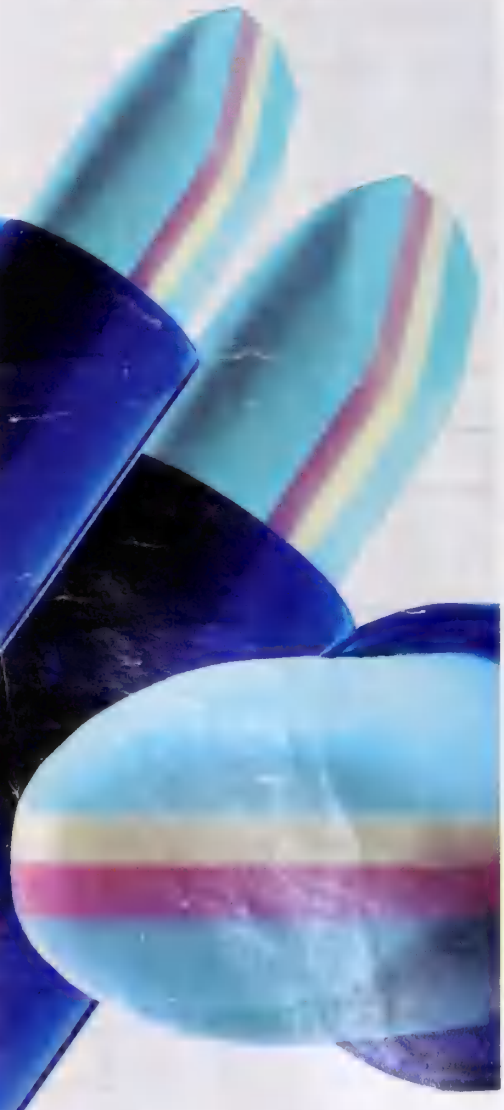
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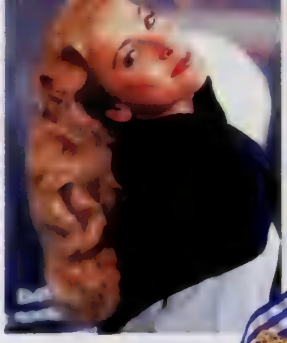
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RECOVER.

EDITOR'S JOURNAL

By Myrna Blyth



Can this marriage be saved? The TV show

On January 23 a new and exciting television show called *Can this marriage be saved?* went on the air across America. Of course it's based on the *Journal's* popular column, which has been a regular feature for thirty-six years.

The program is being produced by Jeff Fischgrund Productions and Group W in association with *Ladies' Home Journal*. I knew when I met Jeff Fischgrund, who's the show's executive producer, and Meryl Marshall, who is vice-president of program affairs for Group W, that ours could be a happy marriage. That's because they both want the show to be as honest and as helpful as the *Journal* column.





Intimate details: Dr. Brenda Wade works with a husband and wife (left); the studio audience also participates

Real couples appear on the show each day. It is hosted by Brenda Wade, Ph.D., a licensed clinical psychologist who has been in private practice as a family therapist for the past ten years. I thought she was the perfect host for the show when I met her several months ago. She not only has the training to help couples whose relationships are in trouble, but she is fascinating to watch as she helps people break through to new and better understandings.

The program airs Monday to Friday on stations across America. Check your TV listings to see when it is broadcast in your area. If it's not yet on your local station, call the station manager and ask when it will be going on.

When Jeff Fischgrund first came to me after reading a dozen or so "Can this marriage be saved?" columns, he said, "You know, it's kind of like *thirtysomething*." Personally I think *thirtysomething* is kind of like "Can this marriage be saved?" *Ladies' Home Journal* did it first, and millions of women have loved reading this feature for years. I think you'll love watching the *Can this marriage be saved?* TV show as well.

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CAN THIS MARRIAGE BE SAVED?

"He always bosses me around"



How could Jennifer really confront Mike if she felt she had no voice at all in her marriage?

By Laurie Werner

Introduced thirty-six years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Debra Pearl, M.S.W., C.S.W., director of the East Side Center for Short Term Psychotherapy, in New York City. The story reported here is true, although names and details have been changed to conceal identities.

Jennifer's turn

"LAST WEEK, SOMETHING terrifying happened to me—something I can't explain," said Jennifer, twenty-nine, a pretty blond who spoke in a tremulous voice. "I couldn't explain it to my husband, though I did try. As usual, all he did was scream at me!

"I'd been out for dinner with some friends from work—I'm an illustrator for a greeting-card company—and we'd gone to a new restaurant downtown. Dessert was just being brought to the table . . . and that's the last thing that I can remember. My heart started to pound . . . my head throbbed, and I began to gasp for air. I must have passed out.

"The next thing I knew it was two in the morning, and I was walking in our front door to the sounds of one of Mike's tantrums. Apparently, my friend Charlotte had taken me to the emergency room; they examined me but found nothing wrong. The doctor said it was an anxiety attack.

"I was so confused and so scared. And all Mike could say was, 'You've done it again. I can't trust you.'

"Why is he like this? Granted, I've stayed out late with friends in the past, but I didn't plan to faint!

"You see, just after we married three years ago, Mike—he's an executive with a restaurant chain—started to travel a lot. It really got out of hand. Sometimes he'd be away weeks at a time. I got so lonely I hated to go home.

"So I started making dates to have dinner. If Mike came home, things would get sticky. He'd yell, 'You're my wife; your place is home with me tonight,' but I didn't want to break commitments, so we'd argue about it, and Mike wouldn't talk to me for days.

"After a while, the criticism became nonstop. Mike started to pick on my friends, my work, you name it. He makes me feel terrible by insisting that people at work are taking advantage of me.

"I try to talk to him about these things, but all he does is cut me off in that hostile voice that *(continued on page 20)*

Tom Arma



IS GENTLE GENTLE ENOUGH?

You're probably giving more thought these days to what you put into and onto your body. Here's important news. Clairol has created the first hypo-allergenic color rinse, Instant Beauty*.

No allergy test, no gloves. Instant Beauty* will never harm a hair on your head. The thick, rich formula adds body, too. And it washes out in one shampoo.

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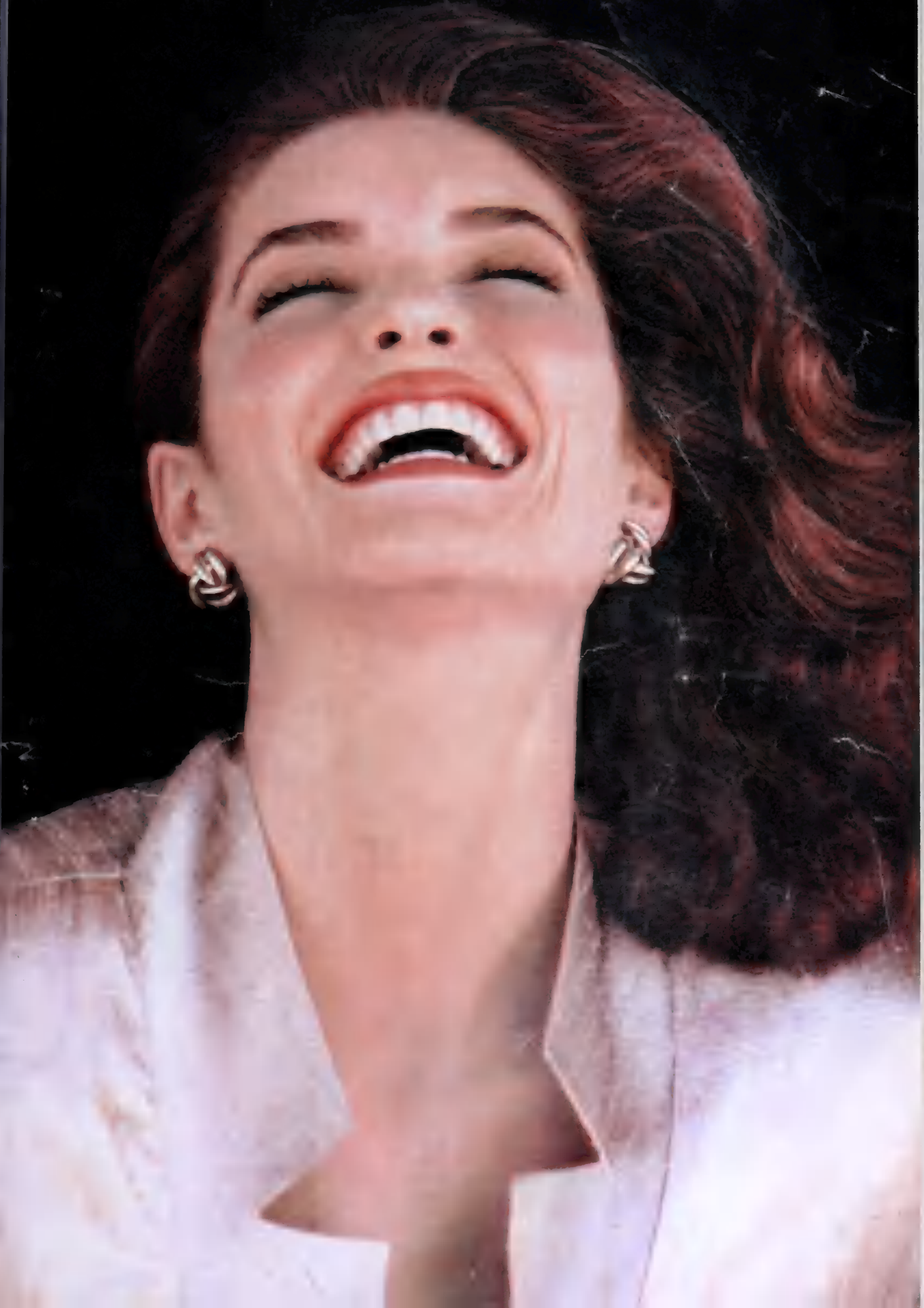
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MAX FACTOR

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CAN THIS MARRIAGE

continued from page 14

sends shivers down my back.

"It's this bossy manner, which his father also has, that drives me crazy. My father-in-law is a very dictatorial man who always lashes out at Mike's mother and Mike.

"And now Mike bosses me around in that same demeaning voice. I'm not allowed any say at all: We have to leave to visit his parents at the precise moment Mike wants to leave; and if we're on our way somewhere—to work or a movie—and I want to stop off for some toothpaste, I'm not allowed.

"Look, I always knew Mike was strong willed, and I even liked the fact that he took charge. We met in college; I'd dated one of his friends, and we got to know each other casually. I thought he was so impressive—smart, self-possessed. But I didn't think I was smart enough to really talk to him then. Besides, he was a lot more mature, so we would just flirt. Nothing more.

"That changed a few months after I graduated. I was offered a job in the city, so I moved there. I ran into Mike, and he asked if I wanted to have drinks. I said yes, and before the evening was out, I was hooked.

"You see, Mike made me feel so protected. I'm from a small town in the Midwest; my family was well-off, and I was sheltered. I have three brothers—I'm the next to youngest—and we are a very supportive bunch, though we don't see much of each other now.

"I needed that kind of nurturing. Growing up, I was a pretty lonely kid; I was shy and very overweight, and other children picked on me a lot.

"That's one reason I relied so much on Mike: He takes care of me.

"Those first two years we were married were so romantic. Not that there weren't problems—Mike would come on too strong sometimes. But it was nothing like what he does now.

"Obviously, something is very wrong: The episode last week proves it. So does a discussion we had right before I left that night.

"We started talking about when we were going to have kids of our own. We both agreed we wanted children, but the question was when and how to arrange it. I said that I was thinking I'd like to take three months off, then go back to work part-time. And I wondered if maybe Mike could arrange a more flexible schedule so he could also stay home with a baby sometimes.

"He flew into a rage. 'Why can't you get it through your head that my work is my career—yours is just a job,' he screamed, and stormed out of the ro

"So I left to meet my friends at t restaurant and the rest is history.

"Right now I feel so empty, I d know what I'm going to do."

Mike's turn

"I don't know what I'm doing he said Mike, thirty-two, a tall, handsc man with a deep, forceful voice. "Jer fer's the one having problems.

"One thing that might help is for to start keeping normal hours. Jer fer says she has stopped staying late with her friends. That's not e close. Practically every weeknig even when I'm home, she's out u three in the morning. Not only is behavior selfish, it's dangerous. woman coming home alone at t hour—who knows what could happ

"Besides, why does she make sound like a crime if I want her to home with me? Look, I can't help t I travel a lot. But I have never und stood why she can't cancel a date w a friend she saw just two days ago fo husband she hasn't seen in a week.

"So I was angry. And maybe I w too harsh on her when again brought up the business about traveling. I'm sorry about that. E she should realize I feel very frustr ed that I can't do anything about schedule. I work for a jerk who's rea incompetent. Talk to him? Forget it

"And yes, I'll admit I'm very criti about Jennifer's work, too, but s should not have to stay late to fini up someone else's work; she should be getting coffee for the male illustr tors. If anything, I was just urging h to stand up for herself.

"Look, Jennifer is a bit naive. S can be spirited and fun, and I w drawn to that right away. But wh she first moved to the city, she w overwhelmed, and she really depend on me. Frankly, I was flattered.

"But what she hasn't said either that she never, ever tells me what s wants to do. So I make the decisions

"I don't boss her around. I kn what bossy means: My father was, is tyrant. He made my mother so mise able when I was growing up, I had put a pillow over my head to block o the sound of his screams.

"Then there were his attacks on m As far as he was concerned, I couldn do anything right. Even now, he orde me around and has an opinion everything I think and do.

"I'm not like that. I did not preve Jennifer from buying toothpaste! If movie starts in five minutes and we four minutes from a theater, I don think we have to stop in a drugsto that very moment. (continue

hing's too good for my Brassolaelio Cattleya"



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CAN THIS MARRIAGE BE SAVED?

(continued) "Why does Jennifer get everything backward? Even our argument about having kids is twisted. I'm sure I said something to that effect, but the way she says I said it—in that mean and nasty tone—is patently false. I was probably pointing out that in order for us to survive financially, I have to work full-time. But Jennifer could conceivably work from home.

"It really sounds like Jennifer's trying to blame her anxiety attack on me. In fact, she's blaming me for all the things that are wrong with her life. Well, I won't sit here and take it. I love her, I want to help her.



"She blames me for all the things that are wrong with her life," Mike said. "I won't sit here and take it."

But not if it means saying that this situation is all my fault."

The counselor's turn

"When Jennifer came in, she was very agitated," noted the counselor. "The anxiety attack had terrified her, as it would anyone.

"Yet despite her complaints about her marriage, Jennifer still seemed mystified as to the attack's cause. Since Mike was so resistant to being in counseling and said very little at first, we concentrated on Jennifer.

"We began with the issue of Mike's traveling, and as Jennifer described in detail how she felt, her tone changed. She started angrily articulating how abandoned she had felt.

"However, when I asked Jennifer if she had ever told this to her husband, she shook her head. 'I'd be afraid he'd leave for good,' she said.

"As we talked further, it became clear that Jennifer rarely confronted him on anything that bothered her, because she believed she had no control in their relationship.

"To boost Jennifer's self-esteem, we needed to get to the root of her helplessness.

"When I asked Jennifer about her family and childhood, she continued to paint a rosy picture of a tight-knit home. However, her tales did not ring true—witness the fact that she had no contact at all with her family now—and after persistent questioning, a more realistic picture emerged.

"It seems that Jennifer's family was not at all supportive. Her mother was a demanding woman who was quite critical of her daughter; her father, wrapped up in his business, didn't have much time for his daughter; and her siblings, rather than protecting her from the verbal taunts, had actually continued the abuse. Jennifer had felt unable to fight back and defend herself—a pattern that haunted her into her adulthood and marriage.

"Jennifer also wouldn't acknowledge her role in her marital conflicts, refusing to admit, for instance, that she had indeed stayed out late on purpose as a way of punishing Mike. Instead of talking to Mike, she withheld her feelings.

"Jennifer's anger built up for years, but she could never release it. Finally, the conversation about children pushed her over the edge and triggered her anxiety attack.

"Interestingly, Mike also denied things. Because he hated his father's behavior, he kept insisting he was nothing like him. Nevertheless, he did tend to be dictatorial, often falling into his father's sexist patterns—claiming Jennifer's career wasn't as important as his own, for instance. What's more, whenever something did not go his way, he flew into a rage. Then, too, Mike tended to take his frustrations out on his wife, even if the cause had nothing to do with her; his tantrum when she asked him to curb the traveling was born of his own frustration over working too hard for a man he didn't respect. He had to learn to focus on the real cause of his problem, to speak up and do something if he could or, if he couldn't, at least to put the problem in its proper place.

"Yet Mike often felt powerless, too. And so, when he was justifiably upset—as he was with Jennifer's staying out late—he was unable to modulate his emotions.

"Once Jennifer and Mike understood this about themselves, we were able to better analyze the dynamics of their relationship. From the beginning, Jennifer was the dependent one, and Mike unconsciously strove to maintain the status quo: His insistence on making all plans was a way he tried to control every situation.

"However, it was also clear that while Jennifer allowed Mike to be the dominant partner, she also never gave him a chance to express *his* feelings of insecurity or frustration. Jennifer had to learn to be responsive to Mike's needs; he had to realize he didn't have to be Mr. Tough Guy all the time. And they both had to learn to talk *to* each other, rather than *at* each other.

"One evening Mike came home from work obviously angry; when Jennifer asked what was wrong, he grew livid that she had made no dinner.

"Instead of just trying to steer clear of her husband, Jennifer confronted him. 'You're in a rage, Mike,' she said. 'I find it intimidating, and I want you to stop or I'll leave.' Seeing he was out of control, Mike calmed down.

"Gradually, Mike came to understand that he shouldn't criticize his wife and that she desperately needed him to truly listen to her. He also made a point of calling Jennifer to keep her informed of his travel plans so that she did not make conflicting appointments. At the office, he finally felt strong enough to ask to be transferred to another department.

"I urged them to continue to talk openly with each other—about what they both expected from the marriage, what they liked about the relationship and what wasn't working. Clearly, they made progress; by the time we ended counseling one year later, the level of fighting was way down, the level of understanding way up.

"At our last session, it was obvious that this couple once again enjoyed being with each other. What's more, Mike told me they had started to look into day-care facilities in their neighborhood; Jennifer had just learned she was pregnant." ■

Tom Arma


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Happy again: the author, now healthy (center), and her family: husband, David; and sons, David, Jr. (front), and Joe, with his wife, Lisa

"Doctor, please help me!"

For fourteen years, I'd suffered from an illness no one could diagnose. Would I ever be able to live a normal life? By Ria Gagnon

I lay in bed in the psychiatric hospital, tears running down my face. For fourteen years I'd battled an unknown illness that made me suffer migraine headaches, constant nausea, swollen joints and panic attacks. No doctor could figure out what was wrong with me, and most now doubted my sanity. My marriage was in a shambles, and I was a mother in name only to my two sons. My life had become an unending nightmare of hospitals and pain. What I didn't know was that all my problems were the result of an operation that I—just like hundreds of thousands of other women—had undergone to *improve* my health.

When I was twenty-three, I had had a hysterectomy, just three months after the birth of my second son, David, Jr. I had been experiencing constant hemorrhaging, and although my gynecologist had tried to stop the bleeding by performing a D & C (dilation and curettage), it had not worked. He was very concerned, especially because I'd had a difficult time giving birth. The doctor said that having another child could kill me, and he advised me to have a hysterectomy. "You'll feel wonderful," he assured me. "No more hemorrhaging, no more periods. It will be a blessing."

Young and naive, I didn't even consider getting a second opinion. I trusted my doctor.

But one morning six months after the operation, my troubles *really* began. I woke up with a severe migraine headache, achy, swollen joints and extreme nausea. My husband, David, took me to our family doctor, who said that I had the flu.

It was a flu that went on and on. My symptoms would go away only to reappear. Finally, David said, "No one can have the flu so often. We'd better take you to a specialist."

Over the next few months I saw endocrinologists, nutritionists and neurologists. They ran every test imaginable on me but could find *(continued)*

Bob Gretler/Black Star


The men of Barkinton Bay never understood why every time the fog rolled in, the women strolled out.
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(continued) nothing wrong. I began to feel as if I were imagining my illness, but the pain was all too real. I had to quit my job in a pharmacy because I was so sick, and I was unable to care for my sons.

As a last resort, I went to see a psychiatrist. His diagnosis haunted me for years.

"Ria, you're making yourself sick because you secretly want to have more children. Without a uterus, you don't feel like a woman," he said matter-of-factly.

I was devastated, yet I believed him. After all, several doctors had already told me my problems were all in my mind. And I *had* wanted a big family. The psychiatrist advised meditation and other mind-over-matter exercises. I tried to do what he suggested, but it didn't work.

For several years, I was in and out of hospitals. I couldn't keep food down, and my weight dropped from one hundred twenty pounds to ninety-eight pounds.

My sickness began to take its toll on David. The wrinkles on his face had deepened, and he started drinking. At night he'd come home drunk and yell at the boys.

Because I was always bedridden and David was drinking almost constantly, the boys were forced to raise themselves. As often happens in troubled families, Joe, the oldest, became the caretaker and protector. If David verbally abused me or David, Jr., Joe would stand up for us. When I was home from the hospital, he checked on me constantly. Young David would sit beside my bed and read to me. Their love and concern filled me with both joy and sadness. I felt I didn't deserve such good children.

After five years of my illness, our family began to fall apart financially as well as emotionally. I spent so much time in the hospital that the bills totaled hundreds of thousands of dollars. Although insurance covered 80 percent of the cost, the 20 percent we owed added up quickly. We couldn't afford to pay our mortgage, and we were so far behind on our utility payments that our gas and electricity had been turned off. Not only that, we owed a loan company $3,000 and they were demanding payment. Eventually, we were forced to declare bankruptcy.

I thought then that things had reached rock bottom, but I was wrong. In 1978, David, who worked as a foreman for a lumber company, was transferred from Los Angeles to Lake Elsinore, California. Soon after we moved, I became very ill and had to be admitted to the local hospital several times. They couldn't find anything wrong with me either. Finally, the doctor there told us that he was transferring me to another facility that could help me. When I arrived at the new hospital, I saw bars on the windows. Horrified, I realized the doctor had sent me to a psychiatric hospital.

I started screaming. "Don't leave me here, David, please!"

My husband began to cry. "Give it a try, Ria," he pleaded. "Maybe they can help you."

I gave up then and agreed to be committed. What does it matter? I thought dully. Maybe I *am* crazy.

During the next four years I was in and out of that psychiatric hospital ten times. All it ever did was make me more depressed.

I had no life. Physically, I kept getting sicker and sicker; I couldn't even get out of bed. I felt terribly guilty about what I was putting my family through. I finally decided they'd be better off without me.

The next time I was released from the hospital I took an overdose of sleeping pills and drank half a bottle of liquor—but a neighbor found me shortly after I passed out and called an ambulance.

Convinced that suicide was the answer, I tried to kill myself again, slashing my wrists. Once again, someone came home in time to find me—my son David. He was furious and refused to talk to me for weeks afterward. I realized then that my death would only hurt my children more than they were already hurting.

After my second suicide attempt, the doctors told my family that I couldn't cope in the outside world and that I'd probably have to be institutionalized for life. I had been making myself sick all these years to get attention, they concluded. At that point, I think my family started to believe them.

Then in *(continued on page 221)*

Hysterectomy: what every woman should know

Although Ria Gagnon's story has a happy ending, there is still much controversy surrounding posthysterectomy syndrome. In fact, many doctors do not believe the disorder exists, and even those who do differ greatly over how to treat it; some feel that hormone treatments such as the ones Ria underwent are not always the answer. "There is simply not a lot of objective medical data about treating posthysterectomy medical problems," says Gloria Bachmann, M.D., associate professor of obstetrics and gynecology at Robert Wood Johnson Medical School, in New Brunswick, New Jersey.

Hysterectomy itself is a controversial procedure. Although approximately 600,000 to 700,000 hysterectomies are performed each year in the U.S.—making it one of the nation's most common surgeries—there is growing disagreement in the medical community about whether it is always necessary.

Many of the women who undergo this operation do experience depression, loss of sexual desire, bone and joint pain, and fatigue—the symptoms some doctors link under the label posthysterectomy syndrome. Women who have had hysterectomies in which their ovaries were also removed are at an increased risk for osteoporosis, since the ovaries supply estrogen, which protects against bone loss. And for reasons doctors can't explain, hysterectomy patients, just like postmenopausal women, may also be at an increased risk for heart disease.

Clearly, it's up to women to arm themselves with information about hysterectomy and its aftermath. If your doctor advises you to have this operation, it's wise to get a second and even a third opinion. If you have already had a hysterectomy and experience medical or emotional problems, be sure to have a *complete* medical examination to help pinpoint what's wrong, recommends Bachmann. "It's important to rule out every medical possibility before undergoing any kind of treatment," she stresses.

For more information on alternative medical treatments to hysterectomy, contact the HERS Foundation (Hysterectomy Educational Resources and Services), 422 Bryn Mawr Avenue, Bala Cynwyd, PA 19004; 215-667-7757.

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BEAUTY & FASHION JOURNAL

April showers you with good looks

she's got style

EVER WONDER HOW SOME FASHION-CONSCIOUS WOMEN PUT TOGETHER A FABULOUS WARDROBE? WE PEEKED INTO THE CLOSETS OF TWO TERRIFIC FASHION-INDUSTRY DRESSERS TO DISCOVER THEIR STYLE SECRETS.



a class act

Susan Reed-Basché, a creative consultant for the beauty and fashion industry, always looks polished and sophisticated, classic but never boring. If you like Susan's look, count on combining timeless pieces with current styles, and rejuvenate your wardrobe with these clothing cues:

10 items every classic dresser should own now

1 Pleated trousers in black, gray, navy 2 Classic straight-leg jeans 3 A tailored blazer or riding jacket in a neutral plaid or houndstooth 4 Crews, turtles and cardigans in soft neutrals 5 A roomy khaki trench coat 6 An oversize cabled sweater 7 A strand of pearls and big pearl earrings 8 Low-heel suede pumps, streamlined loafers, bowed tuxedo shoes 9 A tulip skirt in black or navy 10 A man-tailored watch



TRENDSETTER

Top fashion designer Nicole Miller is always a season or two ahead, style-wise. She likes to look in vogue but not outrageous, and depends on stand-out accessories to complete her up-to-the-minute look. How to dress in anything-but-predictable outfits like Nicole does?





10 items every trendy dresser should own now

1 Wide-leg trousers 2 A short pleated skirt 3 A bright cropped jacket 4 Something in faux leopard—scarf, jacket, skirt, coat 5 Bold earrings 6 Colored pumps and matching opaque hose 7 Long, patterned silk or chiffon scarves to wear alone or a few at once 8 A fifties-style handbag in a hot color—a Grace Kelly bag or a camera bag with a handle, not a shoulder strap 9 Long chiffon or georgette skirt to team with long, slim pullovers and shapely long jackets 10 Black sunglasses



Better than ever

We're proud to announce the five fabulous-looking women who won the Oil of Olay-LHJ "I look great for my age" contest: Grand prize winner Carolyn Neff—who will appear on *As the World Turns* and receive a one-year family membership to the health club of her choice—and runners-up Priscilla Osborne, Elena Williams, Kip Kirby and Helen Kent, who will all receive a year's supply of Oil of Olay skin products. How do these women, who range in age from forty to ninety, stay so vibrant, healthy and young-looking? Read on for their tips . . .

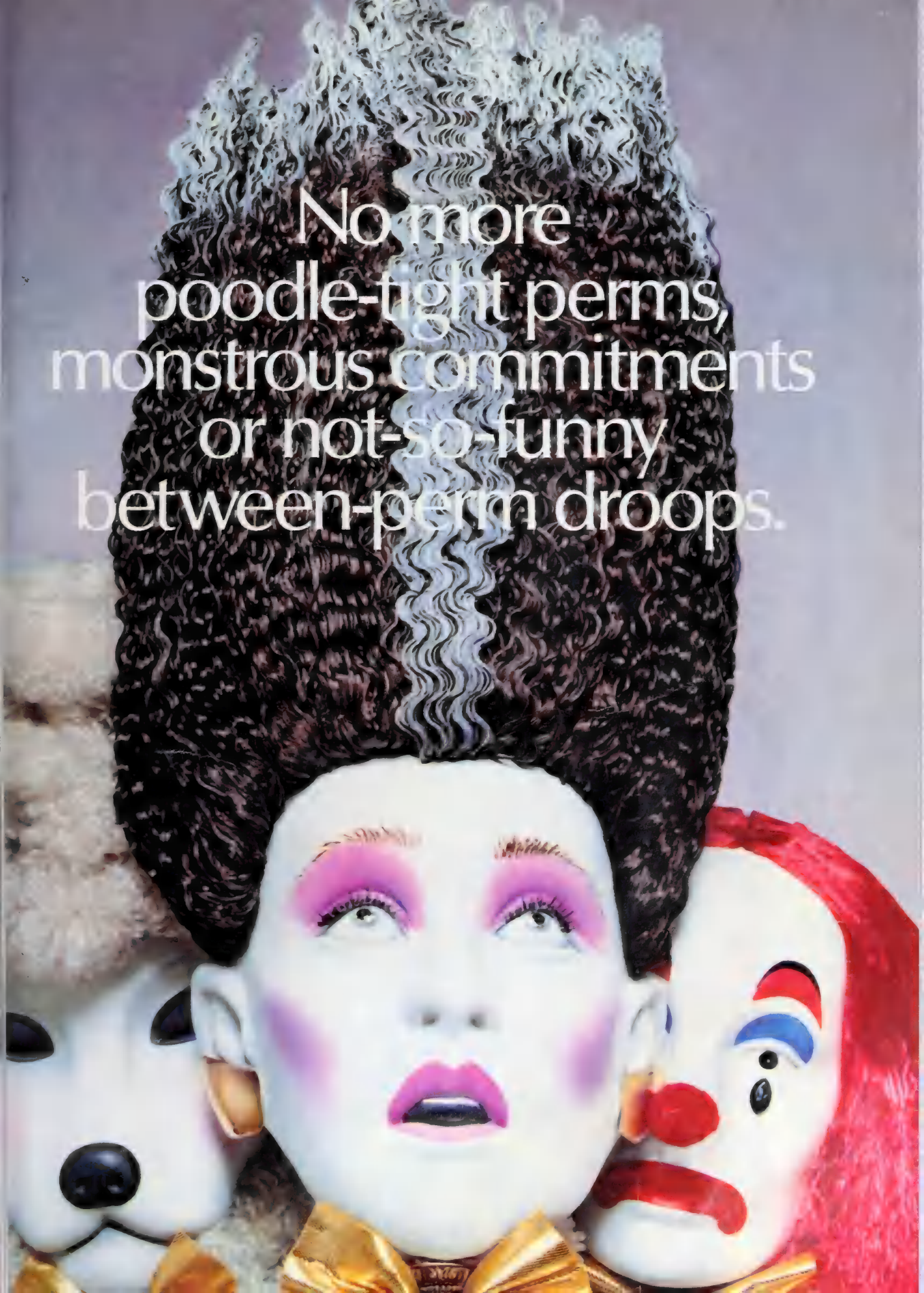
Carolyn Neff

fifty-six, is a mom of three daughters (and grandmother of ten!). Since retiring from nursing, she keeps herself busy by gardening, taking long walks around the grounds of her ten-acre ranch in Yorba Linda, California, and sewing her own designer-style clothing. She credits her youthful complexion to a three-day-a-week exercise routine with weights, a fat-free diet and a strict skin-care regimen. "I would never go to bed without cleansing my face thoroughly and moisturizing," says Carolyn. She also never goes outside without wearing sunscreen (SPF 15) and a big-brimmed hat. Since Carolyn's skin is on the dry side, she's discovered a softening secret: She applies a thick coating of moisturizer to her face, lets it sink in and rinses it off with a warm washcloth for instant suppleness. How did Carolyn feel about being the grand prize winner? "It's a dream. I never thought it would happen to me! "

winner



Photos, Resti Mendoza; hair, Stephane Lemples; makeup, Rex. Details, page 207.

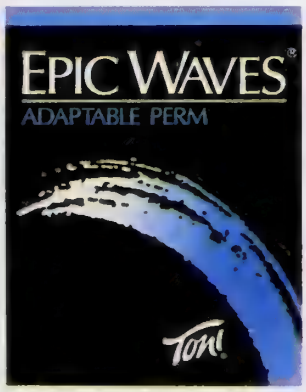

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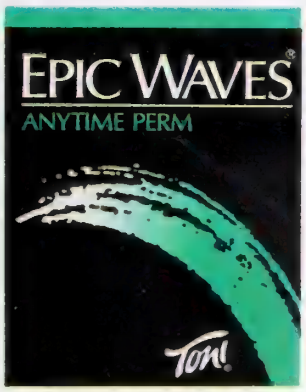
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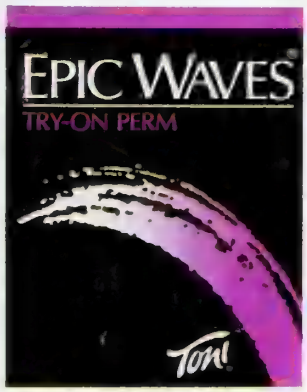


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meet the runners-up



Elena Williams

forty-five, is an on-the-go mother of a five-year-old son and works in the office of special programs at a public school in New City, New York. She cleanses, tones and moisturizes her skin twice a day, eats nutritious meals and gets plenty of sleep—the key to great skin. Elena says, "My family keeps me young. If you think young, you'll stay young." A terrific philosophy!



Kip Kirby

forty-three, is a native of Nashville, and a host of a TV entertainment show. Since she has to wear a lot of makeup for the camera and travels a lot, her biggest skin problem is dehydration. So she relies on moisturizer and spritzes her face often with mineral water. She keeps her energy level up by walking on a treadmill at the gym. She walks while listening to Bruce Springsteen on her headphones which, says Kip, makes exercise more fun!

Priscilla Osborne

a forty-year-old mother of two sons, hails from Mt. Morris, Illinois. She's a personnel administrator who loves to paint and sculpt in her spare time. Priscilla let us in on her skin-moisturizing secret: "I blend moisturizer with water and massage the mixture into my skin with damp fingers to plump up fine facial lines." Priscilla also protects her skin by topping her moisturizer with a liquid base and, naturally, staying out of the sun.



Helen Kent

ninety, from West Bloomfield, Michigan, is proof positive that a lifetime devotion to skin care yields beautiful results. Helen admits that good genes are part of the reason she has good skin, but she's also diligent about cleansing and moisturizing twice daily. She climbs stairs for exercise and told us that positive thinking and an outgoing personality keep her young. Says Helen, "I always look on the sunny side of life—it means a lot for the way you look." We hope we look as fabulous as Helen when *we're* her age!



NEW PRODUCTS

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spring fashion dos and don'ts

This season offers a wealth of new looks to carry you to (and through!) summer with chic . . . as long as you wear them the right way. Here, the latest styles to scoop up plus tips for wearing them with flair



don't

ruin the sleekness of an all-in-one look with an overload of chains that clutter the neckline and cut you in half.



do

✔ check out a tailored jumpsuit. Finish off the look with one or two bold accessories such as a chunky bracelet and important earrings.

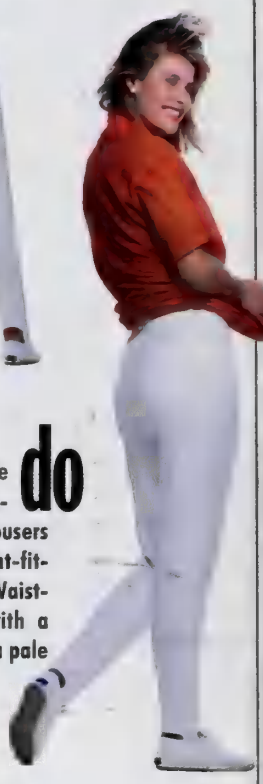
don't

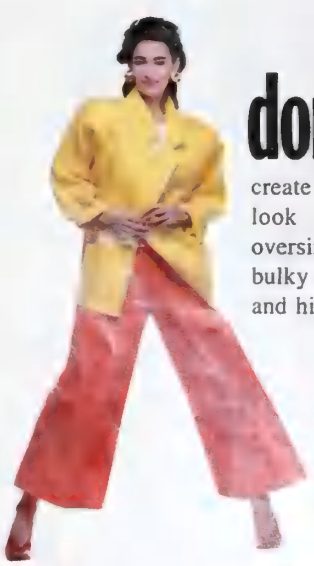
allow panty lines to show. Stay away from hip-hugging bikini briefs, prints or too-tight elastic.



do

✔ put on the proper undergarments with trousers (especially tight-fitting ones). Waist-high panties with a high-cut leg in a pale shade are best.





don't

create a sloppy look with an oversize jacket, bulky shoulders and high heels.



do

✔ pay attention to proportions when wearing wide-leg pants. Look for a cropped jacket with natural-looking shoulder pads to balance the fullness, a belt to define your waist, and flats or sandals.

don't

don nude or suntan hose—they're dated and make you look older



do

✔ tone hose to skirt or shoes. Tip: Sheer pales are always flattering.

Photos, Nesti Mendoza; hair and makeup, Philippe Becker for Timothy Priano Inc. Models, Sonia Klein of Next, except bottom left, Caroline Ellen of Click. Details, page 207.

"I'm a pushover for a pretty panty.
I'm a fanatic about a comfortable fit."







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MARLEE MATLIN

breaking the silence

The Oscar-winning actress is breaking into TV, breaking away from high-profile romance and breaking down the barriers to the hearing-impaired



Marlee won an Oscar for her first film; now she's expanding her range through television and her first speaking role

Photos from top: Tony Esparza/CBS, T. Compton/Sygma.

By Lou Ann Walker

Marlee Matlin's star turns at the Academy Awards have been known to cause the sort of stir usually reserved for Cher's clothing—or lack thereof. In 1987, at age twenty-one, she riveted the audience on two counts; not only was she the first hearing-impaired actress to win the Best Actress Oscar, she was also the first to wear a promlike gown of lavender lace, oddly accented with horn-rimmed glasses and a baby's-breath coronet tucked in her hair.

Last year, when she presented the Best Actor award, a newly glamorized Marlee created another sensation by speaking aloud on camera for the first time—without translating her words into sign language. Although the graceful speech brought tears to the eyes of many audience members, it also sparked criticism from some hearing-impaired viewers, who felt she was abandoning her own by not signing as she spoke.

But then, provocation is only par for the course for *(continued)*



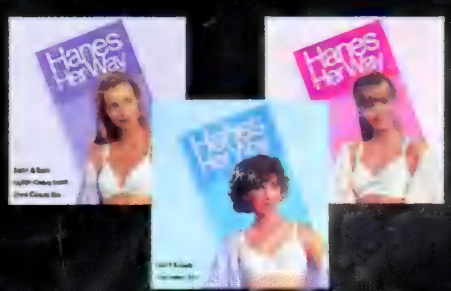
"It's nice to know that a pretty bra doesn't have to be a 'flimsy nothing.' "



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celeb

(continued) this mercurial, passionate actress. She's as stubbornly individualistic as Sarah Norman, the isolated deaf woman she played in *Children of a Lesser God*, and she's just as determined as Sarah to live life on her own terms.

Since her Oscar-winning role as Sarah, Marlee has seldom slowed down. True, her second film, last year's *Walker*—based on the life of William Walker, the American adventurer who led a takeover of Nicaragua in 1855—was a box-office dud. Yet Marlee bounced back with a starring role in the upcoming CBS-TV movie *Bridge to Silence*, the story of a deaf woman whose mother battles her for custody of her hearing child. And she's also performing her first spoken role in a feature film now in development.

Marlee doesn't like to be described as a deaf actress; "I'm an *actress* who happens to be deaf," she signs.

Still, she does not shy away from advocating the needs and rights of the hearing-impaired. She's testified before the Senate on the need for a national institute on deafness, and she was a guest last year on *Nightline* when the controversy at Gallaudet University, the nation's only liberal arts college for the deaf, was at its peak. (The college was going to install a hearing president who couldn't sign.) She refuses to be interviewed on programs that are not closed-captioned for the hearing-impaired, and she made it clear that she would not accept her role in *Bridge to Silence* unless CBS provided captioning for the film.

"Marlee is unpredictable, delicious, aggravating, annoying. And I'm totally in love with her," says producer Stockton Briggle.

Some leaders of the deaf community thought that Marlee's spoken announcement at the Oscars suggested that sign language is inferior to speech as a form of communication. But Marlee, who worked daily for months with a speech therapist to improve her speaking skills, makes no apologies for her actions.

"It was a great accomplishment for me," Marlee says. "It's what I wanted to do, because a lot of people all over the world were able to see me for who I am.

"I understand their opinions. But why don't they understand my value? Why don't they understand my qualities? My abilities to give?" she asks.

The actress prides herself on her mastery of both the deaf and hearing worlds. Although she was born with normal hearing, a bout with roseola (a form of measles that mainly affects children) at eighteen months left her profoundly deaf. (She has about 20 percent hearing in one ear and can pick up some sounds with a hearing aid.)

Her parents learned to sign and searched for the best schools for her. "I dealt with the outside world from the age of three," says Marlee. "I was not shut out."

Angry young woman

Despite her family's support, Marlee experienced great emotional turmoil as a child. She was often teased by classmates, and in frustration, she'd throw temper tantrums. "I wanted to be perfect, and I couldn't accept my deafness. I was so angry and frightened."

Acting provided a refuge. Marlee spent her free time at the Center on Deafness, near her home in the Chicago suburbs, studying drama and performing with the children's theater group. However, she stopped acting after she entered high school.

Hoping to go into police work, Marlee studied criminal justice at a junior college, but she left when she learned her career opportunities would be limited by her disability. A Chicago revival of the Broadway hit *Children of a Lesser God* soon renewed her interest in the stage. A friend encouraged her to audition, and Marlee won a supporting role.

When casting for the film was under way, a talent agent sent a video of the Chicago production to the producers. They thought the young costar would make a better Sarah than the actress playing the lead on tape. When they tested Marlee with William Hurt in Los Angeles, they were sure of it.

The screen test did more than match up two outstanding performers—it launched a love affair as intense as the scrutiny they received from the press. The chemistry between the two was evident from the start, and when Hurt brought Marlee a pint of her favorite pink bubblegum ice cream on the set, she melted. They shared Hurt's Central Park West apartment for two years, until the romance abruptly ended in late 1987, reportedly because Hurt was upset over Marlee's overnight success.

Disarmingly charming

Though the split was difficult for her, she chose to move on rather than dwell on the past. Her name has since been linked to several other Hollywood bachelors. She's been squired by Rob Lowe and most recently by Richard Dean Anderson, star of the TV show *MacGyver*. "I charm them," she says mischievously.

The long-distance relationship with Anderson—*MacGyver* films in Vancouver—ended last year. Marlee is clearly saddened, but she maintains her steadfast independence when it comes to talking about liaisons of the heart—she won't.

"I'm through talking about my personal life," she says adamantly, shoving her hands to both sides for emphasis. (The ever-vigilant gossip pages are still following her closely, however, and it was even rumored at one point that she'd become close to Bill Hurt once more.)

Dating men with normal hearing poses no problem for Marlee. For one thing, she's an accomplished lip-reader; for another, she speaks very clearly, particularly since her recent training. And many men find her so fascinating that they learn how to sign.

But Marlee is a perfectionist when it comes to communication, so to avoid any misunderstanding when she works, she uses an interpreter. Jack Jason, whose parents are deaf, makes all her business calls and translates on the set, on television and in her business meetings. "Interpreters make our lives easier," Marlee says simply.

If she had her way, the whole world would know sign language. "We deaf people have to learn how to speak—not necessarily in the verbal sense—but we have to learn to cope with the *(continued on page 48)*

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MARLEE MATLIN

continued from page 44

world we live in. Why not everyone?"

The unusual aspects of deafness amuse her at times. Marlee once parked her car en route to a friend's house and strode away, not noticing that the car was emitting a loud wail. Jason waved to get her attention. "Marlee! The noise!" he signed. "Oh!" she said. "A lot of good an alarm does a deaf person!"

The production crew of *Bridge to Silence* encountered many challenges on the set, not the least of which were Marlee's volatile moods, which alternately exasperated and delighted her co-workers. "She's unpredictable, delicious, aggravating, romantic, *annoying*. And I'm totally in love with her," says producer Stockton Briggle.

Despite her headstrong behavior, Marlee can also be thoughtful, sending flowers and gifts to people on the set. Marlee once gave an assistant director, who had just become a father, an exquisite treasure-chest music box. She put her hand on the base, delighting in the rhythm of the toy.

An unconventional lifestyle

True to form, Marlee spends her limited free time her own way. While other actresses her age are buying houses the beach, Marlee lives at the Hol wood Hills home of actor/director Her Winkler ("The Fonz") and his wife, S cey, who are longtime friends. "I could live alone yet," she says. "Right nov couldn't take care of myself."

Yet establishing roots is important her, and she doesn't intend to remai houseguest for life. "It will all happ soon," she laughs. "Dogs, cats. And, course, in the future, I want to ha children—eleven children. I'd love adopt a deaf kid, because I know wouldn't have one myself."

The curvaceous actress only recen began exercising—with a perso trainer—and she still prefers junk fc to healthful fare. Watching sports another of her passions. "I love baseb and football and hockey," she sig "One of my dreams is to sign the nati al anthem at the beginning of a gar Don't worry," she adds, "I wouldn't si I wouldn't want everyone to leave!"

Marlee recently received an awa for her service work: Among other pr ects, she volunteers at the Starlig Foundation, an organization that he grant wishes to terminally and chro cally ill children. "It makes me so hap to be with them," she says. She's mad public-service announcement on AII signing, "Break the silence" (a messa to viewers to learn about the disease

Marlee will soon break her own ci matic silence. She has spoken lines *Bridge to Silence*, but in her next fil *Fox*, she will play for the first tim woman who isn't hearing-impair There's also the possibility of a mo with *Dirty Dancing* star Jennifer Gr in which they'll play sisters.

Is the film industry beginning to al its view of the capabilities of the deaf think times are changing," she has sa "But it depends on the individual. So producers can deal with deafness, an don't find their doors closed to me. O ers can't deal with it."

Forging a career will probably alwa be more difficult for Marlee than most performers. But those who kn her see no reason that anything sho stand in her determined way.

Marlee sums it up herself in the ly of the James Taylor song "You've Go Friend," which she loves to play lou on her car's tape deck to accompany as she drives. Some passing driv stare because they recognize her; oth stare at a woman signing to herself. S doesn't care either way. "They'll ta your soul if you let them," she sig along, "but don't you let them!"

Lou Ann Walker, author of the mem "A Loss for Words," is a writer wh parents are deaf; she is fluent in s language.

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MEDINEWS

TO HELP YOU AND YOUR FAMILY STAY HEALTHY

By Sally Squires

NEW HORMONE TREATMENT

Women with uterine fibroid tumors or endometriosis now have a new, nonsurgical treatment option—a synthetic version of a hormone called GnRH (gonadotropin-releasing hormone). The drug, lupron (available by prescription and given by injection), temporarily blocks estrogen production, thereby stopping the excess tissue growth characteristic of fibroid tumors and endometriosis. According to studies done at Yale University Medical School, this cessation of tissue growth can mean an end to symptoms such as intense pain and reduced fertility, and it helps some women avoid hysterectomies.

niacin and cholesterol

The latest vitamin trend: taking niacin to lower blood cholesterol. But large amounts of niacin can produce serious side effects, including liver and stomach disorders and irregular heartbeat. (Many women take hundreds of times more than 13 mg, the recommended daily niacin allowance for women aged twenty-two to fifty.) If you take megadoses of niacin, have your doctor monitor your blood level regularly to head off potential problems.

caffeine and glaucoma

Trade in your java for decaf if you suffer from glaucoma, an eye disease that causes more than five thousand cases of blindness a year. Just two cups of coffee can hike fluid pressure in the eye and keep it high for three hours or more. This hastens degenerative changes that can lead to blindness, say researchers from the University of Texas at Dallas. Their advice to glaucoma patients: Drink only one cup of caffeinated coffee a day.

cancer vaccines

There's an exciting new anticancer tool: vaccines that immunize patients against their own tumors. Studies at the M.D. Anderson Cancer Center in Houston and seven other hospitals indicate that the vaccines prevent recurrences in up to 75 percent of patients with colon cancer or malignant melanoma. If experimental results hold up, the vaccines could be in widespread use soon. If you or someone you know has been diagnosed with these forms of cancer, phone for information about the hospital nearest you that's studying the vaccines. Call weekdays before six P.M. EST: colon cancer, 713-792-7217; melanoma, 713-792-6937.

diabetes self-test

Are you excessively thirsty? Do you urinate frequently? Are you very tired? Are you experiencing blurred vision or unexplained weight loss? If you answered yes to these questions, you could be one of the millions of Americans who have diabetes—but don't know it. To help you gauge your risk, the American Diabetes Association (ADA) is offering a free risk-assessment self-test and a one-day diary to track your food intake and exercise levels. Materials are available from all ADA chapters and affiliates. Check the white pages for local listings.

toll-free health hotline

Worried about persistent heartburn? Wondering why you got your period two weeks early this month? Get free advice and treatment recommendations from the NurseLine, a confidential medical service run by trained registered nurses at the Albert Einstein Medical Center in Philadelphia. Call toll-free, 800-EINSTEI from eight A.M. to nine P.M., Monday through Friday; nine A.M. to five P.M. Sunday, eastern time.

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couples

How to have an affair with your husband

Sex therapists know that boredom is the number-one problem in America's bedrooms. Read this to revitalize your marriage.



Kevin: "I've been fantasizing about making love with you all day." [But I'm not aroused . . . in fact, I hope I can perform]
Anna: "Me too. I want you so much." [Not really; I had a stressful, exhausting day at work]

Kevin: "Let's make love right now." [I'd better before it's too late]
Anna: "You're outrageous." [I hope I can get excited quickly]
Kevin: "Sweetheart, you're the best."
Anna: Sighs, moans, shudders. [I'll fake it and not hurt his feelings]
Kevin: "Did you?"
Anna: "Oh, God, yes. You're incredible."
Kevin: "So are you."

By Harold Bloomfield, M.D., and Sirah Vettese, Ph.D., with Robert B. Kory

Sex without honest communication is, at best, an empty and routine act, and yet many married couples like Anna and Kevin repeat such encounters time and time again, often despite their best intentions to create something better. In such a situation, when both partners are just playing along, sexual boredom and dissatisfaction are inevitable.

In a long-lasting, truly intimate relationship, however, real sexual excitement and pleasure are not based upon any standard of performance but develop from emotional intensity and the ability to regenerate passion. Couples can learn to create great freedom by establishing a bond of trust, which alleviates the pressure and fear of judgment and rejection. It is only by trusting *(continued)*

From LIFEMATES: THE LOVE FITNESS PROGRAM FOR A LASTING RELATIONSHIP. Copyright © 1989 by Harold Bloomfield, M.D., and Sirah Vettese, Ph.D., with Robert B. Kory. Reprinted by arrangement with NAL Books, an imprint of NAL Penguin Inc., New York, NY.

David Vance/The Image Bank



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AFFAIR WITH HUSBAN
continued

your husband with your most intima sexual desires and fantasies—and vi versa—that you both will be able to he each other achieve a passionately in mate marriage.

HOW SEXUALLY INTIMATE ARE YOU?

The following questions can help y discover your own concerns about in macy and help you and your husba begin talking about these issues.

1. I worry about pleasing my husba sexually. Yes ☐ No ☐
2. I sometimes wonder if my partner really that turned on by me. Yes ☐ No
3. When it comes to sex, I sometimes f my lover just wants to "get right to and doesn't enjoy cuddling or stroki me. Yes ☐ No ☐
4. It seems as if we find many distr tions to avoid enjoying each other sex ally. Yes ☐ No ☐
5. Sometimes, out of duty, I submit sex and then later resent my lover for Yes ☐ No ☐
6. I often feel so angry that I cannot f sexual or intimate. Yes ☐ No ☐
7. I turn off sexually when my partr doesn't show enough sensitivity, ca and tenderness. Yes ☐ No ☐
8. I sometimes feel depressed, angry alone after sex. Yes ☐ No ☐
9. It seems the only time we intimat touch is when we have sex. Yes ☐ No
10. I have sexual fantasies that I'm embarrassed to share. Yes ☐ No ☐

Tally the checks in both the Yes and columns. A greater number of posit responses indicates increasing dissat faction with your sexual intimacy. T issue here is not achieving a spec score to measure a particular level intimacy; rather, this quiz is intenc to help you and your spouse expl those beliefs, attitudes and habits y bring to bed that limit sexual intima

SEXUAL HEART-TO-HEART TALKS

Sustained passion in a sexual relati ship depends on discovering the exci ment of vulnerability. When John forty-year-old attorney, came for a c sultation, he was troubled by sex guilt, so much so that sex with his w had become a source of major anxiety love Karen dearly," John explained our office. "She's intelligent, support and beautiful. We don't fight often, a when we do, we make up without hc ing grudges. All that's great, exc there's this major problem. I can't passionate with her. When I am, I f terrible, really rotten."

John was subconsciously acting the myth he was raised to believe: Y

n't have erotic sex with a woman
thout losing your respect for her.
hn always thought of Karen as the
ther of their child and therefore felt
ormous guilt about his desire for her.
John and Karen had been married for
re than six years, and each had se-
tly become disenchanted with their
x life. When Karen relaxed enough to
en up, she revealed, "I can't act out
y sexual fantasies. I've become afraid
my own passion. Every evening is the
me. We eat, clean up the house, play
th our daughter and put her to bed.
hen we finally go to bed, we're ex-
usted. I'm bored and in a rut."
With some anxiety, but a lot of enthu-
sm, Karen and John agreed to try the
lowing sexual heart-to-heart talks,
e or two a night. They took turns
ing the speaker every other night.
e night's listener had to be careful
t to interrupt and give undivided at-
tion. The speaker had to be specific,
en and honest.
re are the topics.
The worst thing about our sex life is:
What I enjoy most about our sexual
d physical intimacy is:
What I would like to add to our sexual
d physical intimacy is:
I feel like withdrawing from sex
en:
I turn on most when:
Three sexual fears I have are:
I feel sexually frustrated when:
A sexual delight I would like to in-
lge in with you is:
The way I'd like to be touched is:
. A sexual fantasy I would like to act
t with you is:
e experience of sharing sexual fanta-
s with each other had a particularly
erating effect on John and Karen. As
y began exploring more fantasies,
hn and Karen were soon enjoying
w freedom and desire in their sex life.
matter how committed one is to a
e partner, monogamy of the mind is
t only difficult, it is probably impossi-
. Fantasy is an exciting yet safe
mulus for sensual pleasure.
Sexual fantasy can be very helpful in
lucing anxiety and nurturing arous-
It can also help dispel boredom and
notony. Finally, sexual fantasy can
used to develop communication and
st between couples.
One word of caution: It is important to
ate an intimate and trusting atmo-
ere for sharing sexual fantasies.
sclosing your fantasies without
rning, to arouse jealousy or hostility,
n be extremely detrimental to any
ationship.

N LOVE AND PASSION LAST?

d is a thirty-one-year-old engineer,
d Vicky is a *(continued)*

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Glass Plus Cleans Glass Plus A Whole Lot More.
A whole lot faster. A whole lot better.

(continued) twenty-eight-year-old schoolteacher. They were married seven years ago and have two children. Now that the children are in nursery school and kindergarten, Vicky has gone back to work part-time. From the outside it appears they have an ideal relationship, with jobs they enjoy and a bright future. They haven't told their friends about any problems, yet behind the closed doors of their bedroom, arguments prevail.

"There's no adventure in our lives," Tod laments. "And I wonder if our sex life will ever be as passionate as it once was."

Vicky, meanwhile, has her own complaints. "Tod comes to bed at one A.M. and expects me to be ready and waiting for him. He hasn't paid any attention to me all day and is totally insensitive to the fact that I have to get up before he does to prepare breakfast. If he doesn't have chores around the house, he has work he's brought home or some sports event to watch on TV. I think he's lost all real interest in me."

When Tod and Vicky came to see us for therapy, we said, "You both realize that you're still in love. The question is whether you are motivated enough to break your patterns now." Fortunately they came in early enough and were still optimistic about becoming involved lovers again.

If you would like to overcome sexual conflicts and renew enjoyment and sexual satisfaction with your husband, we suggest you follow the prescription we gave Tod and Vicky—have an A.F.F.A.I.R. with your mate.

A-*Adventure*: Like Tod and Vicky, you may realize that your relationship is filled with "shoulds," "oughts" and "have tos," which each partner takes for granted. To avoid getting locked into boring routines, take turns planning a once-a-month adventure for the two of you. Tod, for example, planned an elaborate picnic. Vicky took Tod on an art tour to the museums and galleries he never had time for.

F-*Fun*: Marriage doesn't always have to be grown-up. All work and no play makes any relationship dull. Try having a party in your bedroom. Wear something sexy, turn on the stereo and pour a glass of champagne.

F-*Fantasy*: Give your imagination and creativity free rein. Take turns or else create the fantasy together. Here are some suggestions to ignite your imagination—

- Imagine that you have entered a palace of sexual pleasure with a personal slave at your beck and call.
- Try switching traditional sex roles completely. This applies to "dating" *and* lovemaking.
- Write down your most erotic fantasy, and read it to your partner.

A-*Affection*: There is nothing more welcome when you're feeling down than your lover offering a big hug. In every relationship there will be occasions when one lover needs more from the other. It is important to be sensitive to those times, while responding with considerate, loving gestures.

I-*Intimacy*: Sexual energy is one form of vitality, intimate energy another. Try to think of ways that you and your mate can find true intimacy in everything you do, including even the most everyday activities, such as going for a walk or cooking a meal.

Also, be willing to share your deepest feelings and fears with each other.

R-*Romance*: If you continue to kindle romance, you will continue to experience your partner as your lover. A monogamous relationship is a creative challenge. Be ready to seduce your partner into intimacy and passion. Three helpful ideas—

- Plan a romantic evening for this week. Think of what details would make it special and memorable. What would you wear and eat? What would be the ideal setting and tone? Now follow through with your plans and make it happen.
- Romance does not have to cost anything if you use your imagination. Be tourists in your own city, guests in your own home.
- Many couples say that the one thing they miss, even in a very happy relationship, is the romance, the excitement and uncertainty, of a new encounter with someone. Role-play your first date and first lovemaking.

SEXUAL FULFILLMENT AND LOVE

By far the most important element for fulfilling sex is love. The more fully you and your lover are in touch with each other's feelings, the better will be your sexual experience. A compulsive search for bigger and better orgasms will only produce flashes of excitement followed by boredom and irritation. The key to developing your full sexual potential lies primarily in discovering your full capacity for sharing feelings.

Too often couples fall into the trap of taking sexual issues in their relationship too seriously. The key to solving sexual problems can often be to simply relax, rekindle the romance and have more fun together without putting pressure on each other to change.

Rejuvenating your relationship is an opportunity to rediscover each other, to fall in love with your partner all over again. You remain familiar and fresh, instead of growing bored and tired. Remember, the great reward of intimate sex is inward—a journey of the heart and soul as well as the senses. ■

Harold Bloomfield, M.D., is a psychiatrist specializing in human relationships. His wife, Sirah Vettese, Ph.D., is a psychotherapist.

6 tips for a happier love life

1. Slow down, take your time and cherish your lover. This is the single most important piece of advice, as it allows you to tune in to the rhythms of your own arousal and your partner's.

2. Be sensitive to what arouses your mate, and be sure to let him know what arouses you. Don't be afraid of simple, direct statements such as "It turns me on when you let me . . ."

3. Allow yourself to indulge in fantasy: It's a normal and natural part of one's sexual self. Sexual fantasies are just that; they require neither action nor guilt.

4. Emphasize loving contact, not performance. Men often worry that they will fail in bed, but remember that any time you share a close moment, it's a success.

5. Divorce your parents from your sex life. It's amazing what emotional baggage we bring to bed with us. Just because your mother didn't do it or would disapprove doesn't mean it can't or shouldn't be a healthy and fulfilling part of your sex life.

6. Alcohol is not a substitute for intimacy nor a means to reach it. Couples or individuals who drink in order to release their emotions come up against a dead end: It is more difficult to have an orgasm when under the influence.

There are three things a woman can never have enough of...

time, money



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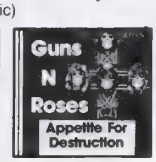
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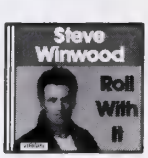
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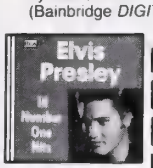
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Blind faith



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By Joe McGinniss

At eleven o'clock on the morning of Thursday, September 6, 1984, Roby Marshall was awakened by his mother, Maria. This was unusual. Most days he'd been sleeping past noon since his job as a lifeguard had ended, and his college classes did not begin for another week.

"Roby, honey, your father and I are going to have lunch at the club. Do you want to come?"

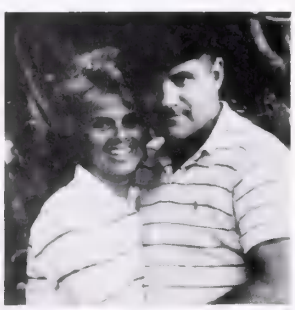
Roby's relationship with his father had been a little rocky through the summer, and Roby figured he'd better try to mend fences. He told his mother he would join them, then got up, showered, put on freshly pressed designer jeans and a freshly laundered shirt (Roby's parents took great pride in how well their children dressed) and went downstairs to the kitchen.

The Marshall house was located in the Brookside section of Toms River, New Jersey. Brookside was the neighborhood that people in Toms River moved to when they wanted to show others how well they were doing. The Marshalls had lived there since 1971. Since then, in addition to their country club membership, they'd acquired a swimming pool, a time-share in a Florida condo, an ivory Cadillac, a station wagon, Roby's yellow Mustang and a new Jeep for his younger brother Chris, who had

(continued)

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Maria Marshall, far left, with her sons, Christmas 1975. At left, with her husband one month before her murder

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BLIND FAITH
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just begun freshman year at Lehigh. John, who at thirteen was the youngest of the three boys, had already been promised a Porsche.

Roby kissed his mother and sat at the kitchen counter. She handed him a glass of orange juice. "So let's go," he said. "Where's Dad?"

He noticed a sudden tenseness in his mother's expression. "God knows where your father is these days," she said. Then she turned and walked quickly from the kitchen. That was unusual. Most days, Maria Marshall would be waiting in the kitchen when Roby came down. After giving him juice she'd make him pancakes and then sit at the table and engage him in conversation while he ate.

He had always been close to her, as had his brothers. She was not only his mom, he liked to say, but his best friend. Most guys his age—Roby was nineteen—would be embarrassed if told they looked like their mothers. Roby was proud. He had always thought she was the most beautiful woman in Toms River.

Roby was six-one and broad-shouldered, and he had been a record-setting swimmer in high school, but in his open, slightly babyish face, he did bear an unmistakable resemblance to Maria. At forty-two, with striking blond hair, soft blue eyes, a trim, athletic figure and one of the most extensive—and expensive—wardrobes in the county, she was a woman always noticed and often envied. For Roby, lunch with her would be a treat.

Shortly after noon, Roby's father got home—late as always and irritable. Rob Marshall, at forty-five, was the same height as his oldest son, with a hairline that was receding gracefully above eyes that were as flinty as Maria's were soft.

In late afternoon, following lunch at the club, Maria went upstairs to dress for the evening. She and Rob were going to Atlantic City for dinner at the Meadows, the most expensive restaurant in Harrah's Marina, followed by an hour or two of blackjack.

The trip to Harrah's had become a weekly ritual for the Marshalls. In this they were no different from most of their friends. Since the coming of gambling casinos in the late 1970s, Atlantic City had become the hub of Toms River social life. The casino lifestyle did not simply fill a recreational void for the country club set of Toms River: It became the ultimate status symbol. To get "comped"—that is, given a free meal and free tickets to a show—at Atlantic City gambling casino something you could brag about weeks. And no one cared more ab that sort of thing than Rob Marsha

If Maria was not quite so enthra by the lifestyle, she certainly di find it objectionable.

When she came downstairs at o'clock, the smell of her perfume ceding her, Roby whistled. His m er's loveliness was something he never got used to.

Tonight, though, she did not s her usual cheerful self. All day, R thought, she had seemed edgy.

Roby kissed her good-bye, the he did every time either he or she the house. He went to bed around n night, which was early for him.

The murder

What woke him, about three hours ter, was the sound of a hand fumb in the darkness, reaching for the l switch on his wall. Then the l came on and he saw his father in doorway, crying, and he saw the b that stained his father's shirt.

As soon as Roby was awake eno to see the priest from St. Joseph's, ther Mulcahy, standing at his fath side, he knew his mother was deac

What was strange was that nob said anything. Once they saw Roby was awake, the two men left walked down the hall to the bedr of his younger brother John. T were back in a minute, with John, looked very sleepy and confused.

Rob was trying to talk through sobs. Trying to tell them what happened. Something about pul into a picnic area to change a flat t Being followed. Getting hit on head. Maria shot. Maria dead. Ro mother. *Murdered!*

It was hours later, and friends begun to fill the Marshall house be Roby heard a more coherent versio what had happened. His father him as he was telling everyone th car had followed them into the pi area when he'd turned in to chec tire that felt like it was going fla must have been someone who'd lowed them all the way from the c no. Someone who'd seen them money at blackjack. It was a robb He'd been knocked unconscious a knelt at the rear of the car to check tire. When he awoke he found his h bleeding, more than two thousand lars in cash missing from his po and Maria sprawled face down ac the front seat of the car in a puddl blood. She'd been shot in the head.

Roby was amazed at how quickly father became functional again.

e morning, he was already on the
ne making funeral arrangements.

other of the Year"

two o'clock that afternoon, Chris
s sitting on the top half of a bunk
in his dorm room, talking with his
mmate and another friend. Physi-
y, Chris bore more of a resem-
nce to his father than to his mother
ough most who knew the family
ıld say the reverse was true in
ns of personality).
he door opened and Chris saw his
ıer standing there. He looked over
father's shoulder for his mother,
ecting her to be standing in the
rway, because all his life he'd seen
two of them together. "Where's
m?" he said.
hris's father didn't answer. In-
ıd, he motioned the two other fresh-
ı out of the room.
hris jumped down from the bunk
and stepped toward him. Rob Mar-
ll looked at his son. The two of
m were now alone in the room.
Something terrible has happened,"
is's father said.
ı the first moment after his father
him what had happened, Chris
so stunned that the only thought
was able to recall clearly was the
st thought he could have had. *Dad,*
ou had something to do with this,
never forgive you.
Why would he think such a thing?
didn't know, not then or later, and
thought was gone as quickly as it
come.
hris rode in the backseat going
ıe. He just thought about his moth-
He thought about swimming. That
been the biggest thing in Chris's
since fourth grade, and his mother
been so involved she'd done every-
ıg but jump in the pool with him.
ore each meet, she'd decorate the
se with banners and crepe paper in
school colors. She was easy to spot
swim meet: the blond lady in the
ensive clothes cheering the loudest.
surprise that when Chris was a
or she was voted swim team
ther of the Year."
hris had a vivid memory of the last
he'd ever swum in high school. It
the hundred-yard backstroke, his
ialty, and he was up against a
nmer who had beaten him the pre-
ıs year. He swam the best race of his
The victory earned him his third
medal of the day, and as soon as it
presented to him, he'd walked over
is mother and put the medal and its
on around her neck. The expression
her face was something he would
er forget. *(continued)*

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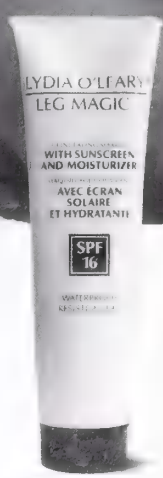
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other woman

next day Rob Marshall admitted to brother-in-law that his marriage to ia had been in trouble. Rob had having an affair with a woman ed Felice Rosenberg. There was the matter of some insurance on wife's life: The policies on Maria ed $1.5 million. His brother-in- advised Rob to tell the boys about situation before they started to hear rumors circulating around Toms r.

hen Rob did talk to the boys, there e no harsh words or recrimina- s, only tears.

e said, "I have to be honest. There mebody else in my life. I'm sure have no idea who it could be."

Mrs. Rosenberg," Roby said.

ob's knuckles turned white as he ped the edge of his desk. "You w?" he asked. But Roby said he n't known, he'd only guessed.

m so sorry," Rob continued, but , almost in the same breath, he d, "Felice and I are so good togeth- know she'll never replace Mom, she's the most important person in world to me, now that your mother ne, and I need her for my happi- . I hope you understand. Will you ise me I can count on you?"

either Roby nor Chris could quite ve it. "Sure, Dad," Roby said bly. "Whatever makes you y's fine with us."

aris just nodded and sobbed. John ed at Roby, then nodded, too.

b grinned. "I knew I could count ou. I'm very proud of you all."

n't say it, Dad, don't say it, Chris ght. But he did: "And your mother d be proud of you, too."

kept talking, but none of them d much of what he said. There was mention of financial difficulties, talk about insurance.

e memorial mass was said for Ma- at St. Joseph's Church two days . It was not a funeral because, in hours of the murder, Rob had red her body cremated.

nger is pointed

t people remembered most about memorial service was the recep- back at the house afterward, how n like a party it seemed. Not that s a party the boys enjoyed much, Rob himself seemed almost ebul- , bustling from room to room, ening drinks, urging food upon guests, saying repeatedly, "Don't think Maria would have loved this? Don't you think this is just the way she'd want things done?"

So inappropriate was his apparent enthusiasm for the event that later many would say it was this behavior that first caused them to suspect the rumors of his involvement in the murder might have some basis in fact.

Certainly by Monday morning the rumors were everywhere. Rather odd, actually, to attend a memorial service for such a well-liked member of the community, who had been murdered in such a shocking fashion, and to hear murmuring throughout the church (and louder murmuring back at the house) that the police considered her husband a suspect.

There was at least one guest at the reception who was not content to murmur. This was a friend of Maria's, Madge Kenyon. Both Roby and Chris, who were in separate parts of the house, heard the sound of voices suddenly raised. Or at least one voice.

Even though she was standing right in front of him, Madge Kenyon was shouting and waving a finger in Rob's face. "You'd better not have had anything to do with this!"

A box of ashes

The net around Rob Marshall tightened. The police traced phone calls and payments Rob had made to three Louisiana men with possible ties to organized crime. Andrew Myers, Ferlin L'Heureux and Ricky Dew were arrested for conspiring to murder Maria Marshall for payment. Ferlin L'Heureux was granted immunity from prosecution when he agreed to testify. He said that although he'd been hired by Rob Marshall to kill his wife, Ricky Dew had been the actual shooter.

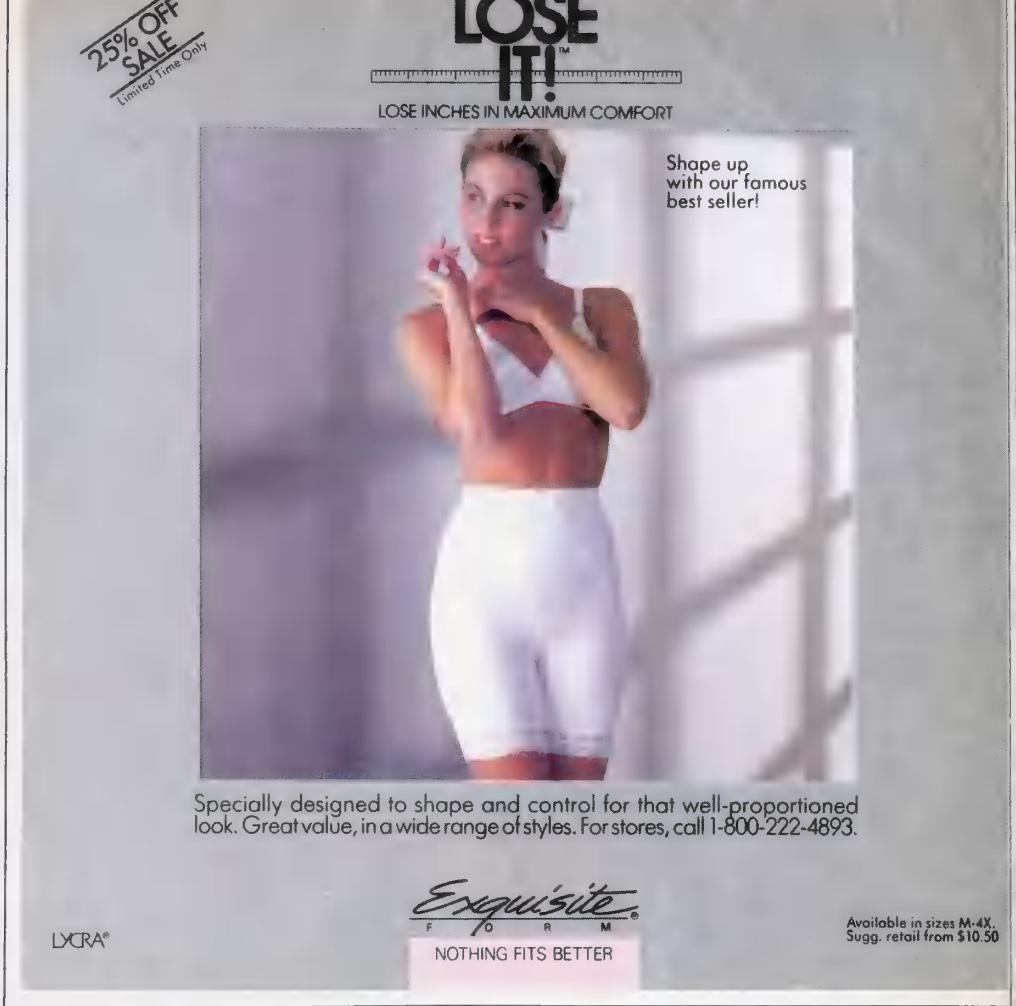
On December 19, Rob was arrested. The prosecutor's office announced it was seeking the death penalty against him. The trial started in January with Judge Manuel H. Greenburg presiding. The prosecutor was Kevin Kelly. Rob was represented by Carl Seely.

When L'Heureux testified, he said that he'd met Rob several times to plan Maria's murder. They'd discussed it for the last time on the morning of September 6, the day of her death.

The night before Rob was to testify, Roby and Chris spoke on the phone. Roby said, "I want so badly to believe him."

"I just hope Dad can get up there and tell the truth and make it so obvious that everybody in the courtroom will know it."

"Yeah," Roby said. "But you know what worries *(continued on page 70)*



Now there's a Dov

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(continued) me? What if the jury believed his story—because he's such a good salesman—but you and I still weren't sure? Then he'd be acquitted and we'd never, never know the truth."

"Don't even say it," Chris said. "I'm still having nightmares about that."

By the time Kevin Kelly finished his cross-examination of Rob Marshall one thing was certain: He had cured Chris—and almost all others who were present—of not being able to see the truth. No matter how Rob told it, his story just didn't make sense.

After a day of watching what Kelly was doing to his father, Roby decided not to go to court the next day. There was too much confusion and pain in his mind. And so it was only Chris and John who had to sit through what Kelly did to Rob then.

"Hold up your left hand!" Kelly barked. Rob did it instinctively, as if, left-handed, he were pledging allegiance to the flag.

Kelly walked toward him, pointing at his hand. "Is that the wedding ring Maria gave you?"

"Yes."

"Is that ring a reflection of just how much you love and miss Maria?"

"Yes, it is," Rob said, still with his hand in the air.

"Then can you explain, sir, why her ashes are still in a cardboard box in a drawer at the funeral home?"

Rob looked like he'd been slapped in the face. Ever so slowly, and much too late, he lowered his left hand until the wedding ring was out of sight.

"It was a decision," Rob said, "whether we should bury her in Florida, which was at one point what she expressed that she wanted to do."

Chris couldn't believe it. Not once had he heard a word about his mother's ashes being buried in Florida. He was wishing he could get up and walk out of the courtroom and never come back, never see his father's face again. But he could not do that. He was as trapped as a fly stuck in amber. From the beginning he'd promised himself he would offer his father support until the end. And it wasn't the end yet.

Then Carl Seely told the two boys who were present that they would have to testify that afternoon. The strategy was obvious, if not especially humane. Put the boys on the stand quickly to win back from the jury some of the sympathy their father had lost. John was called first to the stand. He was there only ten minutes. Chris's testimony was equally brief and unrevealing.

A lie

That night, when Roby called to ask how badly the day had gone, Chris barely had words to describe it. There was a long pause on the line. Then Roby asked, "So you don't think Dad has a chance?"

"Roby," Chris said, "I don't think there is a Dad."

But half an hour later, Roby's phone rang. Sure, there was a Dad. It was him on the phone.

"I hear it was a rough day," Roby said.

"Listen, Roby, you've got to testify tomorrow. Your testimony is vital," Rob said. "Just listen to me for a minute. Son, do you remember that morning? The day your mother died? The day we had lunch at the club?"

"Yeah, sure. Mom woke me up about eleven and asked me if I wanted to go with you guys; then she said we were leaving as soon as you got back."

"Roby, think carefully. Can't you remember that I actually *was* in the house at that time?"

Roby suddenly felt faint. It was that morning L'Heureux had said they'd been plotting Maria's killing. "Dad," he said, " you weren't there. You were out."

"Think about it more," Rob said. "Maybe you can remember it a different way. I'll call you back in an hour."

For an hour Roby lay on his bed. And when the phone rang at eight o'clock, he answered it.

"Have you given it some thought, son?"

"Yes, I have, Dad. And you were not in the house."

He could hear his father take a deep breath. Then Rob spoke. "Would you have trouble saying I was?"

There it was, what he'd known was going to come. "Dad," he said, " that would be a total lie."

"I know," Rob said. "I hate to have to ask you. But you're the only one who can discredit L'Heureux's story. My whole future—*my life*—depends on this."

"Dad, you always told us if we just told the truth we'd never have anything to worry about."

"Can you help me out?"

"So if you're telling the truth, how come you have so much to worry about? *If you're telling the truth, how come it's me who has to lie?*"

"You've got to grit your teeth and do it. For me."

Roby hung up.

And the next day, when he testified, he told the truth. Robert Marshall was found guilty and sentenced to death. He is still on death row today.

"Dad, you always told us to tell the truth," Roby said. "If you're telling the truth, how come it's me who has to lie?"

Mother's Day

Within days of their father's conviction, the boys had gone to the funeral home and had been given their mother's ashes. They buried the ashes in a plot at St. Joseph's Cemetery.

On Mother's Day, Roby, Chris and John walked slowly toward their mother's grave. They brought roses, red roses, just three.

When they reached the grave, they knelt together for many long minutes in silent, tearful prayer.

Then each one placed his rose at the base of the tombstone, and together, with their arms around one another, the three sons of Robert and Maria Marshall—two convinced of their father's guilt, the youngest still clinging to his own belief in innocence—walked back toward the roadway, squinting a bit as the sun and the hot breeze dried their tears. ■

Joe McGinniss is the author of one novel and four other nonfiction books, including "The Selling of the President" and "Fatal Vision."

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MONEY NEWS

TIMELY TIPS TO HELP YOU MANAGE YOUR FINANCES

By Jill A. Fraser

A taxing time



Ah, the agonies of April. When you finally prepare your taxes, it's always too late to do all you should have done. Here, reminders about this year, plus strategies for avoiding next year's pitfalls

On your **1988** taxes . . . the **child-care credit** for payments to sitters, after-school programs or day-care centers can still be claimed for kids up to age fifteen, but for 1989 that limit drops to age thirteen. Families can still deduct up to $2,400 worth of job-related child-care costs, such as a baby-sitter or housekeeper, for one child, and up to $4,800 for two or more . . . deductions for **credit-card interest** are still being scaled back. Interest charges incurred in 1988 are only 40 percent deductible; for 1989, the deduction shrinks to 20 percent . . . people receiving **Social Security payments** will now pay an additional tax of $150 to $1,600 to help cover the costs of their Medicare coverage. Hardest hit will be people with additional income from retirement accounts, part-time jobs or other investments.

For your **1989** return . . . start now to keep important receipts, such as **records of charitable contributions and medical costs**. Since health-care costs are still deductible for any family whose expenses add up to more than 7½ percent of their adjusted gross income, you should retain receipts for unreimbursed medical bills and fees . . . **to qualify for a child-care credit** in April 1990, you'll have to list all care providers' names, addresses and Social Security numbers. Ask the IRS for the new form W-10, which explains the rules.

Crazy for collectibles





The stock market may have cooled down, but some collectibles are heating up. The high prices of fine art and antiques have driven many investors to amusing and affordable items such as toys from the fifties and sixties, movie memorabilia, quilts and even antique kitchenware. No wonder: They often require an initial investment of only a few hundred dollars, and they can provide a good return. Last year, the cookie jars amassed by the late Andy Warhol fetched $247,000. On a smaller scale, an original Barbie doll, complete with its box, is now worth about $2,000, estimates Frances Graham, editor of *Antiques & Collecting Hobbies* magazine. But the market is fickle. While some vintage items become unexpectedly hot, others never increase in value, and there's no guarantee that popular items will remain so. It's essential, therefore, to collect pieces that will give you pleasure, regardless of whether they'll appreciate in value.



IF YOU'RE INTERESTED IN STARTING YOUR OWN COLLECTION, FOLLOW THESE TIPS FROM MARY MALGOIRE, A FINANCIAL PLANNER AT MALGOIRE DRUCKER INC., IN BETHESDA, MARYLAND:

1 Limit expenditures to your extra money; don't start collecting until you've set aside enough cash for monthly bills and a nest egg.

2 Educate yourself before you start: Read collectors' guides and take a class.

Before buying a costly item, have it appraised. Contact the American Society of Appraisers (P.O. Box 17265, Washington, DC 20041; 800-ASA-VALU).

3 Finally, Graham advises, you can increase your profits by selling directly to other collectors rather than to dealers. "If a collector loves what you're selling," Graham says, "she'll pay good money to get it, because it's not a business venture for her." The best way to reach other collectors: Advertise in specialized investor or trade magazines.

Photos from left: Courtesy © A.M.P.A.S.; Chuck Kuhn/Image Bank; illustration, Susan Lawson



SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.



She's always played it cute on-screen, but now the quirkiest actress in Hollywood is taking her career in a daring new direction

SHIRLEY MACLAINE

the prime of her lives





Shirley flashed her gams in the 1964 comedy *What a Way to Go!* (above); today, she prefers more substantive roles like the brusque Madame Sousatzka

By Jeff Rovin

America's best-known New Ager is having a bad day. Stalking restlessly through her New York apartment, Shirley MacLaine—who is usually as calm as the average Buddhist monk—now seems as aggravated as the average Manhattan cabdriver.

And with good reason. Her unpretentious East Side flat is hardly a scene of tranquillity. A phone is continually ringing. A talkative TV crew is setting up for an interview in another room. A cook is busily clattering pans and plates in the kitchen.

Shirley, alighting on a sofa, gamely turns her attention to me, but a police siren far below her fifteenth-floor window rattles her so much that she starts to misspeak, *(continued)*

All photos, Michael Childers/Sygma, except middle, Photofest

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With HEARTGARD-30® (ivermectin) You Only Have To Remember Once A Month.



HEARTGARD-30® (ivermectin) is the first and only once-a-month heartworm disease preventive. Now, instead of ng to give your dog a tablet every single during the heartworm season, you only to give one tablet each month (over a 6 h period, that's just 6 tablets instead of 180). is is important, because if you should t to give the daily treatment for just two consecutive days, your dog could be in danger of developing heartworm disease—even if you resume treatment. And HEARTGARD-30 is less risky because the one monthly treatment is easier to remember.

Also, unlike the daily preventives, which require dogs to be on medication continually, most of HEARTGARD-30 passes out of the system after just 48 hours. So, although HEARTGARD-30 protects against infective larvae acquired during the previous month, your dog is free of medication for most of the month.

HEARTGARD-30 has a wide margin of safety and is recommended for use in dogs of all breeds and ages. So see your veterinarian for a heartworm test and ask about the easy once-a-month heartworm disease preventive.

Heartgard 30® (ivermectin)

A month of heartworm disease prevention in a single treatment.

sition: Each HEARTGARD-30 tablet contains 68, 136, or 272 micrograms ivermectin. **Indications:** HEARTGARD-30 is for use in dogs to prevent heartworm disease caused by Dirofilaria immitis by eliminating tissue stage **Precautions:** Dogs should be tested by your veterinarian for existing heartworm infections prior to starting treatment with HEARTGARD-30. A mild hypersensitivity-type reaction, involving a transient diarrhea, may occur after tment of dogs that have circulating microfilariae. When given at many times the recommended dose, ivermectin (the active ingredient in HEARTGARD-30) caused serious adverse reactions, including death, in certain dogs, arly of the collie breed. Observe collies closely for at least eight hours after treatment. If unusual signs, such as dilated pupils, depression, or a staggering gait are seen following treatment, contact your veterinarian ately. HEARTGARD-30 is not effective for treatment of adult heartworm infections or for clearance of microfilariae. **Caution:** Federal (U.S.A.) law restricts this drug to use by or on the order of a licensed veterinarian. Keep this drugs out of the reach of children. See your veterinarian for complete information. MSD AGVET, Division of Merck & Co., Inc., Rahway, NJ 07065-0912, USA

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■ SHIRLEY MACLAINE
continued

calling a character she has played "impestuous" and describing her multifaceted career as "a typerope walk."

"I meant *tightrope*," she says ruefully, shaking her head. "I'm sorry, but I'm overstimulated. It's New York. My problem is, I come to the city for a few days a month, and there's so much to do, I never really get to shift my perceptions away from the madness. I pick up the vibrations of the city. There's too much going on. I don't know how people live in places like this and stay sane."

She pauses a moment and wags a finger. "That's not true. I *do* know. They accelerate to keep up. The way most of these people speed along, all they do is burn up. Burn *out*."

That can hardly be said of Shirley herself. At fifty-five, the author and Oscar-winning actress, who talks about her last life in Atlantis the way most people talk about their last trip to Florida, has just finished two new movies, another book, and a meditation video, and she's planning a series of self-discovery seminars.

"I guess I'm also keyed up because I have so much going on that I'm *pleased* with," she says intently. "I want to do everything I can to see that it all succeeds."

Her latest roles, in last year's *Madame Sousatzka* and the forthcoming *Steel Magnolias*, are especially important to Shirley: The woman who played the sexy, lovable gamines of *The Apartment*, *Sweet Charity* and *Irma La Douce* has, in midlife, begun portraying women who are plump, ill-tempered and not all that pretty.

A weighty role

For the critically acclaimed *Sousatzka*, the story of a tyrannical piano teacher, Shirley familiarized herself with the keyboard ("Now even a bad cocktail pianist has my respect!") and unhesitatingly put on twenty-five pounds. "As a dancer, I've always enjoyed working with my body; fattening up was quite a different experience," she says. "I ate pasta, cheese rolls, toast smothered in butter, pâté, wine, pies, cakes, wonderful cookies drenched in chocolate—and I loved every single minute of it!

"It was necessary, though. My b was just too lithe to play some who is stodgy and has a hard t moving. I needed to feel my thi clang together. I had to get Shi out of the way and let this chara play herself."

After finishing *Madame Sousat* Shirley easily dropped the e weight through "yoga and denia also bought a Stairmaster. There really no regimen. I'm basically l and I don't like to exercise.

"I did great until Christmas," adds, laughing, "when I ate everyth sweet in sight. Now I'm into den myself again. But I was never wor about not being able to take it off. done it before when I've gone c and had a good time. As long as just twenty-five pounds, I have trouble."

That kind of airy self-confidence helped Shirley take on her *Steel M nolias* role of Ouiser Boudreaux— old, ugly, sarcastic witch who's bee a bad mood for forty years."

The film, tentatively scheduled fall release, is set in and around a L isiana beauty shop. Shirley descr it as "the story of a young girl's de the mother's reaction and the inte tion of the women who support mother." It co-stars Sally Field, D Parton, Olympia Dukakis, Daryl H nah and newcomer Julia Roberts younger sister of actor Eric Roberts won praise for her role in *Mystic Pi*

"Boy, was that an experience," S ley says, recalling the shoot in the ou country of Natchitoches, Louisi "For one thing, there was the loca Talk about the antithesis of New Y being down there was like being another planet. People up north busy making money and gettin places on time. People in the S move more slowly; they're much r in tune with their feelings, and each other, and that's good. They the time to k their neighbors to gossip a them—my Lord they talk!"

Magnolias gave her the ch

(cont. on page



The winsome sexiness she showed in *Irma La Douce* (196 was to be Shirley's trademark for years to come

PDATE ON PETS



Do you know what pets need to live long, healthy lives? How can you protect them from life-threatening diseases? What is the best kind of diet? How should you choose a veterinarian?

To help answer some of these questions, this "Update on Pets" has been prepared by the American Animal Hospital Association, an organization of more than 10,000 veterinarians who treat "companion animals" such as dogs and cats.

Based in Denver, the association is internationally recognized for its standards for animal hospitals and pet health care. Today, veterinarians in 2,100 veterinary clinics across the United States and Canada voluntarily participate in AAHA's hospital inspection program to ensure that your pet receives the highest quality care available.

This "Update on Pets" is sponsored by Hill's Pet Products, Norden Laboratories, and Fort Dodge Laboratories.

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If you are concerned about the condition of your pet, call your local veterinary clinic. Ask your veterinarian about the many dangers associated with obesity and how Hill's Prescription Diets can help.

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besity threatens pets' health

verfeeding your pet is ot an act of love. In fact, let- ng your pet eat too much tually can lead to health oblems and possibly rly death.

To be considered obese, a t can weigh as little as 15 rcent above normal. In her words, a 10-pound t becomes obese at only ½ pounds; a 20-pound g is obese at 23 pounds.

Obesity may lead to dia- tes; breathing difficul- s; metabolic disorders; ne, joint, and muscle oblems; lung, heart, liver, d skin diseases; and low- ed resistance to infection.

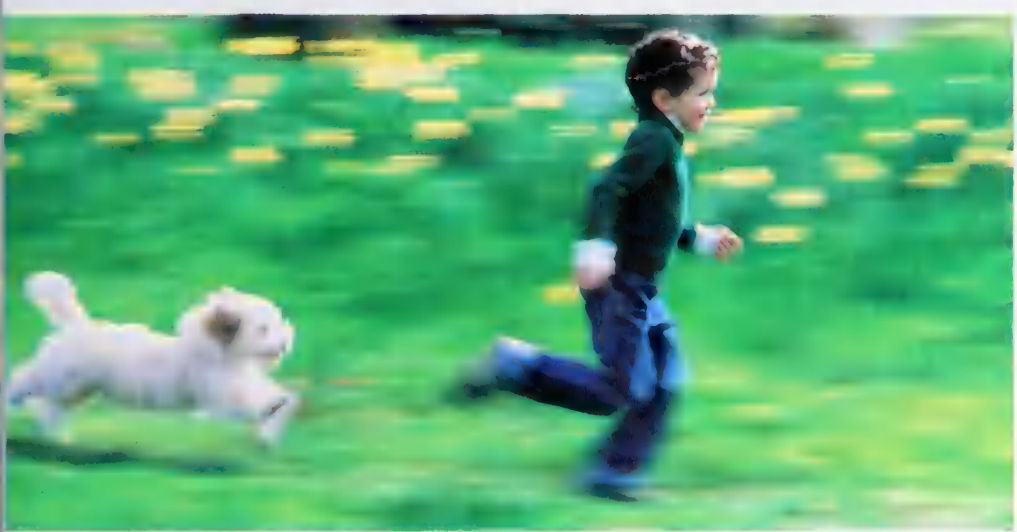
Overweight pets need lose weight, but many terinarians do not suggest feeding them smaller amounts of commercial diets. The reduced food intake may not satisfy the animal's hunger and could cause a vitamin, mineral or protein deficiency.

Instead, your pet may need a low-calorie, high-fiber diet prescribed by a veterinarian. With this type of diet, pets can eat the same amount of food, consume fewer calories, but still receive all required vitamins, minerals, and other nutrients.

Pets also should be exercised regularly to reduce and maintain their ideal weights. Dogs can be walked, and both dogs and cats can chase rubber balls or toys.

"Avoid feeding your pet home-cooked meals, table scraps, treats, or snacks," advised Dr. Henry Childers, president of the American Animal Hospital Association. "Despite your best intentions, these habits are the primary reasons pets overeat."

If you are unsure if your pet is overweight, it can be helpful to consult a veterinarian. Together, you can set a specific weight-loss goal and schedule. At regular intervals during the reduction program, a veterinarian should weigh and evaluate the ongoing health of your pet.



nning or playing with toys can p keep pets fit and healthy.



Pet obesity test

Check your pet by running your hands over the pet's rib cage:

- **If the ribs are easily felt, your pet is thin or normal.**
- **If you can feel fat between the skin and ribs, or if the ribs are difficult to feel, your pet is overweight.**
- **If the ribs cannot be felt, your pet is obese. Call your veterinarian.**

Special diets for sick pets

Veterinarians can also recommend special diets for animals that are sick. For example, cats with urinary bladder disease may be helped by diets with reduced levels of magnesium. With the proper mix of nutrients, the diet also can help restore the proper acid/alkaline balance in the cat's urine and help reduce mineral crystals that form in the urinary tract.

For dogs or cats with digestion problems or diarrhea, veterinarians usually recommend diets with highly digestible, non-irritating nutrients such as specially formulated pet foods. These foods are easily utilized by the body, enabling the digestive system to heal more rapidly.

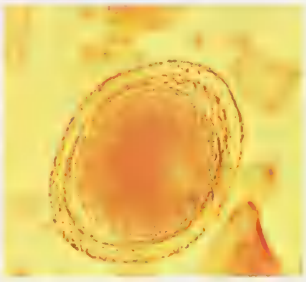
Special foods also are available to treat bladder stones, kidney disease, and other conditions. See your veterinarian for more information.

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Change in pet's health may indicate worms

Does your cat or dog have any of the following: weakness, dull coat, weight loss, coughing, or diarrhea? If so, your pet could be infected with worms.

Roundworms



Roundworm egg

At various stages of their life cycle, roundworms live in the intestines, organs, and muscle tissue. In the intestines, they can grow up to 6 inches long. One of the most common internal parasites in dogs and cats, roundworms can cause a dull coat, diarrhea, and "potbellied" appearance. Infection in young pets can be fatal.

Hookworms



Adult hookworm

Tiny, threadlike, and difficult to see, hookworms enter a dog or cat through its mouth or feet. Once inside, hookworms feed on blood and tissue by piercing the intestinal lining with hook-like teeth. Signs of these killers include bloody diarrhea, dark stools, listlessness, dehydration, and weakness.

Tapeworms

Tapeworm segments resemble small pieces of rice and can be seen in the hair near the animal's tail or in the feces. If visible, these segments should be placed in a small amount of water and taken to a veterinarian.

Canine Whipworms



Whipworm egg

Thick at one end and slender like a whip at the other, these 3-inch worms can burrow into a dog's intestinal lining. Although less serious than hookworms or roundworms, whipworms can cause poor general health, weight loss, blood-speckled diarrhea, abdominal pain, listlessness, and dehydration.

Infection and Treatment

Each of the above worms is transmitted in a different way: either from mother to the unborn, through the mother's milk, from the feces of an infected animal, or through a flea or other "intermediate host."

To identify these parasites, the veterinarian will need a few fresh stool samples when your pet is 8, 12, or 16 weeks old. The samples should be refrigerated until tested.

Keeping your yard clean of animal waste can help prevent infection.

Most deadly: Heartworms



Adult heartworm

Spread by mosquitoes, heartworm can cause congestive heart failure and death in dogs.

As many as 200 adult heartworms can lodge in the heart and surrounding blood vessels, growing to 14 inches. Signs of heartworm are difficult breathing, coughing, fatigue, listlessness, and weight loss. Preventive treatments are available, but dogs must be tested first to determine if they already are infected.

"It is absolutely necessary to test for heartworm before using any medication," said Dr. Gabor Vajda, chair of the public information committee of the American Animal Hospital Association. "If the animal is already infected, the treatment itself can cause severe side effects or death. That's why it's much easier to prevent heartworm than to treat it."

Annual or bi-annual screening may be recommended in areas with high infection rates. But even if heartworm is not a problem where you live, it poses a significant health threat when dogs are taken to high-risk parts of the country. Your veterinarian can advise you if preventive medication is necessary before the trip.

Home pet health check

Health problems are much easier to treat if detected early. To help prevent serious health problems, regularly check your pet for the following:

- **Listless or "depressed" behavior**
- **Lumps or sores on any part of the body**
- **Discomfort or pain when chewing or swallowing**
- **Abnormal appetite, eating either too much or too little**
- **Bowel movements that are loose or bloody**
- **Unusual frequency or amount of urination**
- **Swollen or sore feet**
- **Long nails**
- **Stiffness or pain when walking**
- **Coughing or strained breathing**
- **Red gums or bad breat**
- **Tartar or plaque on the teeth**
- **Watery or dull eyes**
- **Ears that look dirty or show discharge**
- **Runny nose**
- **Dull, greasy, or flaky coat**
- **Itching or scratching, which could indicate fleas, ticks, mites, or lice**



Heartworm alone may not be all the protection your dog needs.

Your dog deserves all the protection you can possibly give him. That's why your dog deserves more than just heartworm protection.

Only Filaribits Plus® protects against heartworms, hookworms, roundworms and whipworms.

Your dog can come in contact with these common and health-threatening worms most anywhere. Worse yet, your children can also contract roundworm and hookworm infections from dogs that aren't getting all the protection they need.

So give your dog all the protection you possibly can. Ask your veterinarian for 'Filaribits Plus', the good-tasting medicine your dog will eat like a treat.

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Treat your dog to the most complete protection.

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Warning: 'Filaribits Plus' (diethylcarbamazine citrate/oxibendazole) Chewable Tablets have been occasionally associated with hepatic toxicity including several fatalities. Close monitoring of animals receiving this drug may identify early hepatic injury. The hepatic injury has usually been reversible upon discontinuation of 'Filaribits Plus' administration, thus dogs exhibiting signs of hepatic dysfunction should be removed from treatment immediately. Dogs with a history of liver disease or dogs receiving 'Filaribits Plus' concurrently with other potentially hepatotoxic drugs should be carefully monitored for clinical or biochemical evidence of hepatic disease.

Filaribits Plus® (brand of diethylcarbamazine citrate/oxibendazole) Chewable Tablets For Veterinary Use Only **Composition:** Each 60 mg/45 mg 'Filaribits Plus' tablet contains 60 mg diethylcarbamazine citrate and 45.36 mg oxibendazole. Each 180 mg/136 mg 'Filaribits Plus' tablet contains 180 mg diethylcarbamazine citrate and 136.1 mg oxibendazole. **Indications:** 'Filaribits Plus' are indicated for use in the prevention of infection with *Dirofilaria immilis* (heartworm disease) and *Ancylostoma caninum* (hookworm infection) in dogs. 'Filaribits Plus' are also indicated for removal and control of *Trichuris vulpis* (whipworm infection) and mature and immature stages of intestinal *Toxocara canis* (ascarid infection) in dogs. 'Filaribits Plus' may be given to dogs of all ages, including bitches, throughout the reproductive period and following whelping. **Warning:** See Warning box regarding hepatic toxicity. Dogs with established heartworm and/or hookworm infection should not receive 'Filaribits Plus' until they have been converted to a negative status by the use of appropriate adulticidal and microfilaricidal heartworm therapy and/or hookworm therapy. A dog on prophylactic therapy should be examined for the presence of heartworm microfilaria every six months. **Precautions and Side Effects:** Occasionally in dogs, hepatic dysfunction, sometimes fatal, has been reported with the use of 'Filaribits Plus.' *Clients should be instructed to report any signs and symptoms which may suggest hepatic dysfunction so that appropriate biochemical testing can be done. Signs and symptoms reported as accompanying hepatic dysfunction include anorexia, vomiting, lethargy, jaundice, weight loss, polydipsia, polyuria, ataxia and dark urine.* The use of diethylcarbamazine citrate is not recommended in dogs with active *Dirofilaria immilis* infections. Inadvertent administration to heartworm infected dogs may cause adverse reactions due to pulmonary occlusion. Overdosage may cause emesis. **CAUTION:** U.S. Federal law restricts this drug to use by or on the order of a licensed veterinarian. *Do not use in dogs that may be harboring adult heartworms.* KEEP OUT OF REACH OF CHILDREN. For Veterinary Use Only. © 1989 Norden Laboratories, Inc. 4-8479

AAHA AMERICAN ANIMAL HOSPITAL ASSOCIATION

Vaccinations: a shot in the arm for your pet

Almost everyone knows that pets should be vaccinated for rabies. But puppies and kittens also are vulnerable to many other life-threatening diseases that can be prevented by vaccinations.

Vaccines for dogs

At some point in life, nearly every dog is exposed to **distemper.** If not vaccinated, most animals will die within one to three weeks after coming in contact with an infected animal.

Parvovirus, a virus of the digestive system, also is transmitted through direct contact with an infected animal. If untreated, the virus can kill a dog within days.

Coronavirus, another potentially fatal infection, is the second leading cause of viral diarrhea. Dogs often become infected with coronavirus and parvovirus at the same time. According to studies at Cornell University, this combination can be even more deadly.

Vaccinations also are available for **hepatitis,** which can cause severe liver damage or death; **parainfluenza,** a highly contagious respiratory disease; **leptospirosis,** which causes permanent kidney damage to animals that survive; and **bordetella,** a frequent cause of "kennel cough."

Vaccines for cats

More cats than dogs have become infected with **rabies** in recent years, possibly because of a myth that only dogs are exposed to the fatal nervous system disease.

Feline leukemia virus is considered a leading cause of cat deaths. The virus decreases the animal's ability to fight off diseases and infections.

Fatal to kittens and dangerous to all cats is panleukopenia, commonly called **distemper.** Infected cats suffer from fever, dehydration, vomiting, and diarrhea.

Also common among cats are two serious and contagious respiratory viruses–**rhinotracheitis** and **calicivirus.** Both diseases are painful and very serious; rhinotracheitis can be fatal to young kittens.

Veterinary advice

"Regularly scheduled vaccinations and annual health exams can help keep your pet happy, healthy, and **alive,**" said Dr. Linda Merry, president-elect of the American Animal Hospital Association.



Preventive medicine: loving pet care

Like a loving hug, your veterinarian's program of preventive medicine is another way to show your dog how much you really care . . . by helping you keep your dog healthy and happy, from puppyhood on.

For example, your puppy's immunization series and annual booster can include The Puppyshot®, the most complete protection available in one injection against the major viral diseases. Including: distemper, hepatitis and parainfluenza; plus viral diarrhea, caused by parvovirus and coronavirus.

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FORT DODGE

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The basics of kitten health: nutrition, veterinary care, exercise

Giving a new kitten the proper care from the start can help prevent many health problems later. Proper nutrition, vaccinations, dental care, parasite control, exercise, and regular veterinary checkups are all important elements in a thorough preventive health program.

In fact, the sooner you visit the veterinarian with your new pet, the better—even on your first trip home. The veterinarian can examine the kitten for any abnormalities or signs of illness and can explain how to help your pet stay healthy.

Nutrition

Feeding your kitten or cat properly is one of the most important ways to safeguard its health. "In some cases, providing proper nutrition can reduce the kitten's risk of some diseases and may lengthen the cat's life," said Dr. Marv Johnson, vice president of the American Animal Hospital Association.

It's important to know your cat's individual nutritional needs. Growing, active kittens need diets that are quite different from those of older cats. Age, activity level, health, temperament, environment, and factors such as pregnancy all affect the amounts and kinds of nutrients the cat requires.

But with all cats, the belief that "more is better" is mistaken. Your cat's diet should contain enough protein, fat, carbohydrates, vitamins, and minerals; but too much of certain nutrients can be harmful.

For example, scientists have shown that improper diets can lead to feline urologic syndrome, a common urinary disease and a leading cause of death in cats. Experts believe factors that contribute to the disease include foods with too much magnesium and diets that cause an improper acid/alkaline balance in the urine. Excess amounts of magnesium in many popular cat foods may have led to the increased incidence of this disease.

In addition, kittens need highly digestible foods formulated to meet their high energy needs and provide the right nutrients for optimal growth and development. This kind of food should be fed until your kitten reaches maturity, at 9 to 12 months. Your veterinarian then can recommend a diet to meet the nutritional needs of the adult cat.

Veterinary care

As a rule, health problems are easier to prevent than to treat. That's why it's important to take your cat to a veterinarian on a regular basis.

Veterinarians can vaccinate kittens to help prevent many devastating and often fatal infectious diseases such as respiratory viruses, rabies, and feline leukemia virus. They also can provide treatment or preventive medication for fleas, ticks, lice, and many types of worms. Also, dental care can keep your cat's teeth clean and help prevent gum disease, bad breath, and abscessed or loose teeth.

Exercise

Regular exercise can help prevent obesity and improve your cat's muscle development. Many cats enjoy chasing balls and playing with toys.

With proper nutrition, good health care, and lots of love, your cat can be your faithful companion for years to come.



Kittens need special food for growth and energy.

Choosing a veterinarian

To find a veterinarian, ask friends or contact the American Animal Hospital Association. AAHA member hospitals must follow these standards:

- **Accurate record keeping**
- **Complete diagnostic capabilities**
- **Proper anesthetic procedures**
- **Modern surgical facilities**
- **Dental services**
- **Nursing care**
- **Clean, safe facility**
- **Complete pharmacy**
- **Emergency services**

Your veterinarian should answer your questions and help your pet feel at ease. Always tour the facility and meet the veterinarian and staff first.

For more information, send this form with one self-addressed, stamped envelope (SASE) for each brochure to: AAHA, Dept. UOP, P.O. Box 150899, Denver, CO 80215-0899.

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Address _____

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f the twelve teapots in the collec- a unique and imaginative design— inal sculptured teapot pretending omething else! And each has been in fine earthenware by skilled s, then lovingly painted by hand g out every whimsical detail. look at the pictures! Notice how apot's spout, handle and lid have corporated into the design.

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SHIRLEY MACLAINE

continued from page 76

to step out of her mellow Malibu mode. "I love my character," she says. "It let me tap my irascible side. I don't have the courage to be so sarcastic: I'm too afraid I'd hurt people's feelings. Ouiser doesn't give a damn, and for three months, when I'd wisecrack or do nasty things off the set, people would say, 'Oh, she's just in character.'" She grins. "I got away with murder!"

Clearly relishing the direction her career has taken, and undisturbed at the thought of portraying homely women, Shirley says, "I'm going to play characters who are misfits or mildly eccentric, with very sweeping personalities, maybe sixty or sixty-five years old. Women who may or may not have any sexual relationships, who are confronting something important about themselves. Producers know they won't hurt my feelings now if they ask me to play those parts." But at the same time she acknowledges, grinning slyly, "I may also decide I want to be glamorous again."

For Shirley, the rewards of filming *Steel Magnolias* were personal as well as professional. "There was the joy of just being with those other actresses," she recalls. "It was glorious. Sally had her baby with her—she's such an attentive mother!—and Dolly was busy writing songs, but Olympia, Daryl, Julia and I hung around together and had a great time.

"The main thing was, we were all secure in our parts and with ourselves. It was a true ensemble piece. We gave each other little pointers and shared techniques. There was a very feminine sensibility running through everything we did."

Just how, I ask, does Shirley define "feminine sensibility"?

"Democratic. Genuinely sweet. Women are not competitive when they're sure of themselves. Men aren't like that: Even confident men have this expansive sense of self, a need to—*dominate* is too strong a word, but certainly to be in control."

But Shirley resists any attempt to label *Magnolias* a "woman's picture." "When you say that, you're talking about romantic films. This one is entertaining, but it's really about how women interact in a time of tragedy. I look at it as a well-made film. Period.

"In general, though, I don't see much movement in Hollywood toward movies about women," she adds. "The leading-lady parts tend to be vacuous; they're still defined in terms of the men they play opposite. In many cases, stories don't even need an end, per se. In real life people don't know how things are going to turn out. I'd like to see more slice-of-life stories where boy meets girl, boy and girl fall in love, but boy and girl don't necessarily get married."

Life without a man

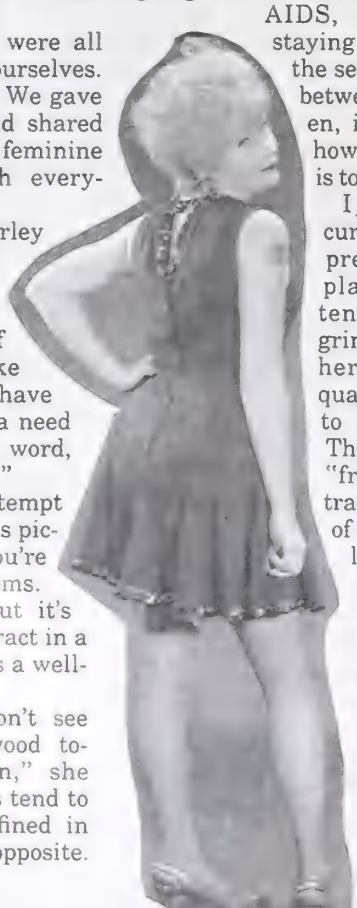
Shirley, divorced and the mother of a twenty-nine-year-old daughter, Stephanie Sachiko Parker, known as Sachi, seems to be following that pattern in her own life: Her relationships today are remarkably different from what they were just a few years ago, when she went from one stormy romance to another.

"I'm not seeing any one man," she says, "and I'm very content. I have lots of good friends, and I like that. You know, when you get to be my age and you've been around the block a few times with love affairs, deep commitments and live-in relationships, you realize that you don't need a man anymore to ratify your existence. So why should I have one? I'm really happy with my freedom and my friends all over the world. I would call it a limitation, for me, to be with just one person right now."

What about sex?

"I was never particularly promiscuous; it was one man at a time," she says. "Today, there's not a lot of sex going on. It isn't just age but also AIDS, a concern about staying alive. But when the sexual pressure is off between men and women, it's really amazing how much more there is to love in each other."

I jokingly ask if that current lack of sexual pressure might explain why she's so tense, and Shirley grins, showing one of her most appealing qualities: the ability to laugh at herself. That comes, she says, "from being an extraordinary observer of life. If you can't look at yourself and see *(continued)*



In *Sweet Charity* (1969), she played a dance-hall hostess who dreamed of a man of her own

Photofest

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4. Do you: Eat 4 servings of green/yellow/red vegetables per day? YES ☐ NO ☐

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it even eating three meals a day is no guaran-
our body is getting all the vitamins and min-
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HIRLEY MACLAINE
tinued

may be a little odd or funny, then
not really reporting accurately
at you see."

at's next in *this* life for Shirley?
isingly, she foresees a time when
ight give up acting and concen-
on more rewarding activities.
wouldn't be as balanced," she
"but I might be happier. I'm al-
less at peace filming than when
een writing. Writing is so person-
d introspective. Filmmaking is
and more frenzied." She smiles.
u know what's funny?" she con-
. "All my life I've been perform-
ut deep inside I'm really a re-
When I go up to my house [in
cific Northwest] to write, I don't
my yard for maybe two months. I
are of my dogs, walk by the riv-
ell the flowers, work out, walk
more, then write. I can be happy
peace doing that. Just . . . be-
ike a tree or an ocean. Reflect-
aining fulfillment from the con-
e of mind, body and emotion—a
f conscious meditation. It's not
riented, it's pure relaxation."

, while she may not be as gung
ut acting as she once was, Shir-
far from ready to leave the pub-
e. In fact, she's expanding her
, with the release of her sixth
Going Within, this May.

other current project, a video
Shirley MacLaine's Inner Work-
leased this March, is described
ogram "for mind, body and soul"
ncorporates centuries-old Orien-
axation techniques.

that she's a Jane Fonda for the
nysical set, Shirley is braced for
evitable criticism that she's
g in on the field.

going to have to weather that,"
s, "because it simply isn't true.
a lot of heat when I was doing
minars ["Connecting With the
r Self,"
cost par-
ts $300
weekend
course in
a w a r e-
I said

rtrayal
cerbic
nerable
in
of
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ar



that I wasn't keeping the money, that it was going to a spiritual center. [Construction of the center, in Colorado, has been delayed by bureaucratic red tape.] Some people thought I was being an opportunist. What crap."

She shakes her head. "Greed and power are not in my bag of necessities. As a matter of fact, power really bothers me. I don't know what to do with it. That's one of the reasons I stopped doing the seminars: I was being perceived as a guru, which isn't what I want. My whole motivation is to help others, to get them to go out and form their own groups and workshops."

Looking backward, looking ahead

Shirley does eventually want to revive the higher-self seminars, but as week-long retreats—a format that she feels will allow more in-depth work and will also weed out the people who were coming because "it was the in thing to do."

Her New Age projects aside, the actress is going to use another medium to express some of what she's learned about herself and about life: She intends to write (and possibly star in) a play based on her childhood in Virginia, where she grew up with her younger brother, Warren Beatty.

"Doing *Steel Magnolias* really triggered this new appreciation I have for my roots and for what my family meant to me—their richness and humanity," she says. "I think other people will relate to that. In a speeding-up, deteriorating world, most people find that family values are more important than ever."

As the interview comes to a close, I ask Shirley if there's any one lesson she would like to communicate. Her reply is unexpected—and typically, charmingly outlandish.

"The most important thing I've learned is that life is like a bottle of syrup. I used to have a bottle with the picture of a girl holding a bottle of the syrup with a picture of her holding a bottle of syrup, and so on. We all need to look at ourselves looking at ourselves looking at ourselves. Only when we do that, really look deep inside, can we learn what life is about."

Shirley nods, satisfied with the metaphor, comforted just from having talked about it, and says goodbye—at long last, utterly composed. ■

Jeff Rovin, a contributing editor of LHJ, *is a movie buff who has written extensively about film.*

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PARENTS' JOURNAL

By Mary Mohler and Margery D. Rosen

A GUIDE TO CHILD REARING IN THE EIGHTIES

HOW TO MAKE TV GOOD FOR YOUR KIDS

Your children flip on the TV over breakfast, after school and before bed. Saturday and Sunday mornings, they spend hours watching cartoons and reruns of old movies. But short of throwing out the television set, what's a parent to do?



Let's face it, we can't prevent our children from watching TV altogether. Even the experts admit that television in and of itself is not necessarily bad. "The major problem is that kids watch too much of it," says Peggy Charren, president of Action for Children's Television, a nonprofit organization in Cambridge, Massachusetts, working for better children's programming. "The average child is in front of the TV set three and a half hours a day."

This much passive viewing is unhealthy for our children's bodies as well as their minds. According to a study by William Dietz, M.D., assistant professor of pediatrics at Tufts University School of Medicine, in Boston, the more hours a child watches TV, the more likely he is to be overweight.

To protect kids from the negative consequences of TV, parents need to control the quality and quantity of TV programs. The first step, Charren says, is to become TV savvy. "Watch the shows your children watch," she advises. "If you think a program is inappropriate, you have to learn to tell your kids no." Finally—and this is most important of all—sit down with the TV listings and select quality programs for your children.

Of course, finding quality TV for kids isn't always easy. One of the best places to start, however, is public television. This spring, a highly recommended series on PBS is *Long Ago and Far Away*, featuring award-winning animated and live-action versions of classic children's stories from around the world. (The program airs through May. Check local listings.) Host James Earl Jones is enthusiastic about the series. "I have a six-year-old son myself," he says, "so storytelling has become very important in my life. I'm as fascinated watching the stories as the kids are."



Actor James Earl Jones hosts a magical new PBS series for young viewers

Like most parents, Jones is concerned about the quality of children's TV, so he and his wife, actress Cecilia Hart, always monitor what their son, Flynn, watches. The Joneses are especially careful when it comes to cartoons. "There's an excess of certain kinds of cartoons, often to advertise toys," Jones says. "There's a need for better balance and a better spectrum of programs—just like there is in adult TV."

—PAMELA GUTHRIE O'BRIEN

Something to think about

"If a disease were killing our children in the proportions that accidents are, people would be outraged and demand that this killer be stopped."—*Dr. C. Everett Koop, U.S. Surgeon General and honorary chairman of National Safe Kid Campaign*

One mother's STORY

Spiked badge of courage

BY JUDITH A. REIMER

It's Monday morning, and I look in on my sleeping six-foot, seventeen-year-old son just before his alarm goes off, knowing these are the last few tranquil moments he will have today. He has the pillow over his head . . . even in sleep he can't escape his folly; last Saturday he got a Mohawk haircut.

Saturday night was the swim team's final meet. Practicing long hours before their school day began, he and the three other boys on the relay team had formed one of those special bonds.

I don't know who first thought of the haircut, but it soon became the symbol of their dream. For weeks the rallying cry among the four was "If we make regionals, we're all getting Mohawks." Since that was a long shot at best, even the coach had said, "You guys make it to state, and *I'll* get a Mohawk." ("He even shook on it," my son confided glumly.)

But as the weeks passed, the unbelievable happened: The team made it to the finals. The gauntlet was down.

As my husband and I walked into the packed pool area that night, I saw my son and his haircut for the first time. And I felt as if I'd been punched in the stomach. Head held high, glistening scalp accentuating the dark center mane of hair, Chris was walking across the pool's center catwalk with a haughty smile that paid homage to the originators of the style; he would have been great in a movie. But he was also one of those weird-looking kids who would disgust me if I saw him walking down the street. *(continued)*

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(continued) Ours is a conservative Texas city. As my son and his similarly shorn teammates walked across the pool area, practicing swimmers from other schools stopped in mid-lap. Parents gasped audibly. "He has a 90 G.P.A.," I wanted to shout. "He's a Boy Scout!" Then my son saw me. "Guys, where's my hat? There's my mom," he called to his teammates. I must have looked pretty bad, because he gave me a big hug, something teens rarely do in public, and asked, "Mom, are you all right?"



I'd love to report that my son's team soared to the state championships. They didn't even come close. As my nine-year-old daughter said in annoyance, "Their haircuts didn't help a bit." But in a funny way, they did. For starters, they helped me learn how self-centered I am; all I felt at first was my own embarrassment. Now it is Monday, and I'm beginning to realize a little bit of what the days ahead will bring.

My son expects to be called into the principal's office. Some kids at school will ridicule him, maybe even rough him up. (He has chosen dress slacks and shirt instead of his usual jeans in some obscure attempt to compensate.) But the bonds are strong: the new one forged with his teammates that will live in his memory for a lifetime, and the old one with the family that taught him to have the courage of his convictions.

In fact, my sense of humor has returned. I'm getting Chris a T-shirt that says "Everybody should do something completely outrageous once in his lifetime." And I'm getting me one that says, "Judge not, lest a child of yours get a haircut like his." And in a way that's as strange as his haircut, I find I'm proud of my son.

understanding KIDS

BY LAWRENCE BALTER, PH.D.



Dr. Balter is a practicing psychologist and professor of educational psychology at New York University. His most recent book is *Who's in Control?* (Simon & Schuster, 1988).

I went to the hospital for an emergency operation when my daughter was two. That was six months ago, and she still has a terrible time whenever I leave her, even for a few hours—she's terrified I won't come back and just sobs and sobs. What can I do?

Unfortunately, you had to go to the hospital at a time when your daughter was in a particularly clingy phase. In addition, because of her age, she could not fully comprehend the situation. The organized and dependable world you worked so diligently to construct for her came tumbling down.

Another thing to keep in mind is that in a crisis situation such as yours, the family is consumed by many other concerns that add to everyone's anxieties. This confusion contributes to the general upset and fears that a young child feels.

Because you left in an emergency, there was not time to prepare her adequately for the separation. Under more ideal circumstances, the child could be invited to visit the hospital prior to your admission to familiarize herself with your future whereabouts. She could also be given some advance indication of the length of your stay. The more a child knows, within limits, of course, the better able she is to cope with her worries.

Sometimes parents make the mistake of not talking about potentially upsetting topics, thinking that keeping them under wraps will make them less troublesome. In your case, since you've noticed that your child seems to be afraid when you go out without her, you might say: "Maybe you didn't think I was ever going to come back, and that must have scared you." Point out, too, that perhaps she felt angry as well as scared.

Encourage her to talk about her fears if she can. Some very verbal two-and-a-half-year-olds can articulate their fears. Reassure her that you will not be going away unannounced again—no more surprises where that is concerned.

Repeated but brief separations can help a child understand that you always return to her. Set up an outing and matter-of-factly tell her you are not going to the hospital today. Tell her where you will be, when you will be back and that you will be okay—nothing is going to happen to you. When you return, say, "See, everything is fine. I came home just like I said."

DO YOU KNOW AN ABUSED CHILD?

There is something you can do. Call the National Child Abuse Hotline (800-4-A Child), twenty-four hours a day, seven days a week. Specially trained counselors will help victims of abuse, those who suspect an abuse is ongoing, as well as those who feel they are in danger of hurting a child.

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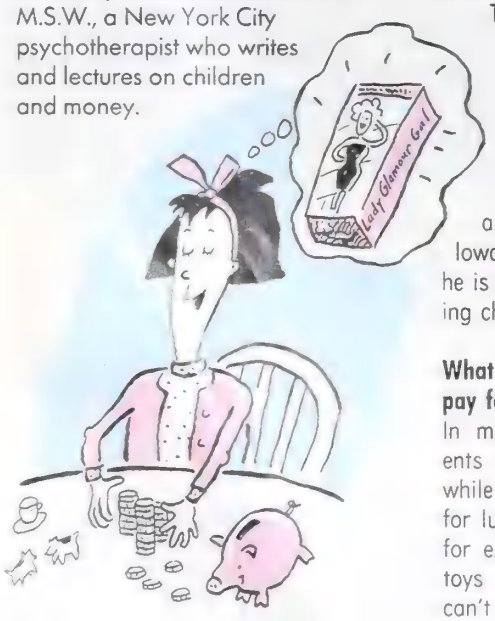
Because you're only young once.

KIDS & MONEY

Kids used to think money grew on trees. Nowadays they know better: Money comes out of cash machines. So how, in an age of instant gratification and expensive toys, are you supposed to teach your kids the value of a dollar?

In a way, money education is like sex education. It takes place very gradually, over a period of years. As soon as your child begins asking questions about money, be ready to provide honest answers—tailored to what he or she can understand.

For real-life answers to tricky money questions, we consulted Laurence Steinberg, Ph.D., professor of psychology at Temple University; Martin E. Ford, Ph.D., a developmental psychologist at Stanford University, and Linda Barbanel, M.S.W., a New York City psychotherapist who writes and lectures on children and money.



At what age should I start to give my child an allowance?
As soon as you want to start teaching him some object lessons about money, responsibility and making choices. Kids are typically ready for an allowance at six or seven, when they can grasp the idea that money spent is really gone.

Should an allowance be considered payment for work done around the house?
No. Children should be expected to do their chores because they are members of the family. An allowance is an educational experience about managing one's living expenses. But it makes sense to pay your child for doing some out-of-the-ordinary job that you might hire someone to do.



Should I withhold my child's allowance if she gets poor grades?
No. Nor should you use money as a reward when your child brings home a great report card. School is school and money is money. According to some studies, kids' grades actually go down when parents pay for them.

What do I tell my four-year-old when she complains that her seven-year-old brother gets an allowance but she doesn't?
That age has its privileges as well as its responsibilities. Remind her that your older child does many things she cannot. And reassure her that an allowance is not a gift that he is getting and she is being cheated out of.

What should an allowance pay for?
In many households, parents pay for necessities, while the allowance pays for luxuries. A child of six, for example, may save for toys you don't want or can't afford to buy her, while a teenage boy might use his allowance for a pricey leather jacket.

What should I do if my child uses his allowance to buy junk?
Grin and bear it. Once you've set the guidelines, the allowance is his to squander or to save. If you make *all* the decisions, what's the point of his having it? Parents need to keep the *allow* in allowance.

If my child's bike is stolen or she breaks something valuable at someone's house, should she pay out of her allowance?
Not the first time it happens. Everybody makes mistakes, and you and she can figure out a plan to repair the damage. If carelessness is a pattern, however, then she'll benefit from paying for her own mistakes.

If my child spends his money before the week is out, should I give him an advance on next week's allowance?
Generally speaking, no. Running out of money once or twice and suffering the consequences is part of the learning experience.

—DAVA SOBEL

Stephanie Birdsong

What you do	What it says to your child
■ Pay for good grades and household chores	Money is the only way to say "thanks" or "well done!" There is n intrinsic value in doing a job well c succeeding in school
■ Withhold allowance for poor grades or failure to complete chores	Money is power. And it's your pow over him. This situation is a powde keg, because the more you contro his allowance, the more you fan h defiance
■ Keep mum about family financial matters	Things are worse than they seem. There's probably a serious financi problem, perhaps caused by him
■ Go shopping whenever the going gets tough	Buying is as good as problem-solving. Purchases stave off anxiet depression—you name it
■ Give money to charity	It's nice to share

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r as often as you wish. Each entry must be different, mailed separately and accompanied by a photograph. The baby ll no older than 4 years old by June 15, 1989. The photograph may be no smaller than 2¼"x2¼" or larger than and must be in color. Only one baby per photo. Print your name and address on the back of the photograph, and your name, birth date and caption. Do not send instant snapshots, slides, transparencies, studio or professional pictures. rite on the face of the photograph. Include cardboard with the photo to protect it in the mail. Photographs become the y of JOHNSON & JOHNSON Baby Products Company with all rights including the right to edit, publish and use any ithout further consideration or payment to the contestant. No correspondence will be entered into, nor will photos be

ch photograph securely to the entry blank and mail to: **Adorable Babies Contest, P.O. Box 9068, Bay Shore, NY 1068.** Entries must be received by **June 15, 1989.** Not responsible for lost, misdirected or late mail.

es will be judged on the following criteria: charm and appeal of photograph: (0 to 35
: originality and relevance of caption
ograph: (0 to 30 points); originality of
nd naturalness of expression: (0 to 25
: reproducibility of pho-
n: (0 to 10 points). Win-
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6. Employees and their immediate families of JOHNSON & JOHNSON Baby Products Company, Comart Associates, their affiliates or subsidiaries are not eligible. Void where prohibited. Professional child models, professional photographers or entries that have been published, or that have won other contests are not eligible. Taxes are the responsibility of the winners.

7. For a Winners List, send a stamped, self-addressed envelope to: Adorable Babies Photo Contest Winners, P.O. Box 9074, Bay Shore, NY 11706-9074.



short story

Among the Roses



One of the leading writers in the world today, Doris Lessing has written more than thirty books, including *The Golden Notebook*

The renowned British writer examines the most complicated relationship of all: the one between a mother and her daughter

By Doris Lessing

Regent's Park on a warm Saturday afternoon. With the crowds of people strolling among the roses went Myra, a middle-aged lady from Harrow, who had an expert's book on roses in her bag. Two years ago, inspired by these gardens, she had bought a rose called "Just Joey." This charmer had done well, and she meant to choose another. There was no greater pleasure than this, wandering through roses and deciding, I'll have you . . . no, you . . . no, perhaps . . . She had already made the circuit from the main gates with their flourishes of gold on ornamental black, portals to pleasure, to the right past the bird-loaded lake with the willows on one side and the rose beds on the other, across Queen Mary's Rose Garden itself, and around to the left through lawns and shrubs where you crossed the long path going up to the fountain, then to the left again and by the café, and then between the bed full of tempters *(continued)*

Photos from top: J. Barry O'Rourke, Miriam Berkley.

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AMONG THE ROSES

:ontinued

here she had started. Now she was ut to make another round.

s she set off, she stopped again, ing. About twenty paces in front of her back to her, walked a tall ng woman who was striking not because of the strident yellow s she wore. The dress was too tight emphasized a body that managed e thin and lumpy at the same time, use of big buttocks and prominent ılders. Myra at once felt a much familiar anguish, which she chose scribe to the tactlessness that per- ed that dress on that body. With a of luck she wouldn't turn around Myra knew exactly the discontent- ook she would see if this woman e to turn and show her bold, high- olored face. This was her daughter ley, whom she hadn't seen for e years.

hat was she doing here? The last e! Flower gardens were not her e at all, let alone being by herself. ley was never alone, she hated it. yra set herself in motion again, sting her pace to her daughter's. ley was going slow and looking at roses. Wonders would never cease! then Myra saw something that made her exclaim softly at the expectedness, the aptness of it. Shirley had slipped a little pair of scissors from a pocket and was cutting a rose on a long stem. She did not even glance around to see who had noticed her—and others besides Myra had; but her buttocks and back had a characteristic sullen defiance about them. Well, you haven't changed, Myra silently addressed Shirley. Then she thought, But perhaps she has, she must have!—for she was sure that rose had been cut to put in a pot and make roots. She did not know why she was sure. Shirley into gardening! Was it likely?

Three years before there had been a quarrel, in Myra's garden. Shirley had come especially to quarrel with her mother. She chose the moment Myra was standing in her boots and waterproof hat in her rainy garden, doing her April pruning, to stand with her hands on her hips and tell her mother she was a boring old frump who didn't care about anybody, but only her roses. If she, Shirley, thought she was going to end up like her mother, then . . . It went on and on, while Myra stood listening to Shirley standing there with her hands on her round hips, her big knees showing under a short ugly dress, her face scarlet with rage—and thought how common she looked. The rain splashed all around Myra while she tried to think of something to say, but then Shirley squelched back out of the garden and slammed out of the house.

Myra had not bothered to get in touch after that. The truth was, she was glad of the excuse not to see her. She liked Lynda, her other (her real!) daughter. Since she was born, Shirley had been nothing but trouble. Nothing done for her was ever right, nothing she did succeeded. At school she was clever but lazy and did not like her teachers. She left, without exams. She got one job after another, but nothing was good enough. At nineteen she married a man that Myra liked, a kindly soul Myra knew her daughter would eat up. ("She'll have him for supper the first night!") Shirley left this man and married again, a real toughie who prided himself on giving as good as he got. He was a builder's merchant, made money, took Shirley for holidays to Spain, bought her clothes. Myra believed her daughter well matched and well satisfied. Then, one day, on a remorseful impulse, she drove across London to visit her. No answer from the front door, so she went to the back and there, through the window of the

(continued)

AMONG THE ROSES
continued

kitchen, saw Shirley having it off with some man certainly not her husband, who lifted his face, saw her and let out a yell. Up came Shirley's face, red and sweaty, and then the two let out shouts of laughter, and Shirley jumped naked off the table and screamed that her mother was spying on her. Myra had gone off home, told no one, not even her husband, had done nothing. Then Shirley arrived in her garden a few days later to quarrel.

She did not want to see Shirley now, but she continued to follow her, making sure there were people between them on the path. Shirley not only hated plants and gardens, but the country as well, where she sulked till she could get back into town. She claimed she loathed Nature except (wink, wink) for a little of what you fancy, said she thought people who gardened were stupid and boring. Yet here she was.

Just before the round rose garden that was framed in its garlands, Shirley turned off left and stood brooding in front of a rose Myra herself rather fancied. It was called "L'Oreal Trophy." A tall rose and "luxurious in habit" as the growers would certainly describe it, the blooms were all shades of creamy pink to apricot—rose pink and pink flame and dusty pink—no end to the sunset colors you could see there, and the buds were perfect, apricot, tightly furled. The flowers had a luminous shimmer, as if they made their own light. By this time next year the plant would be in Myra's garden. And in Shirley's?

Myra went up into the round garden and sat on a bench where she could see the entrance. Soon Shirley came in, and Myra's heart hurt at the sight of that face, every bit as discontent as she had expected. But now it was sad, too . . . For the thousandth time she wondered, as parents do, at the difference in children. Born different! Different from the first breath. Lynda, the elder daughter, was always, from the moment she emerged, a pleasant soul who had grown up giving no one any trouble, had gone easily to school doing neither well nor badly, had had likable boyfriends and married the best of them, and now lived the same kind of life her mother did, with two children, a boy and girl. When the two women were together, Myra and Lynda—ample, slow, calm-eyed—people knew at once they were mother and daughter, but no one had ever at once thought Shirley was Myra's daught or Lynda's sister. Where had Shirle come from? She didn't look like h father either and wasn't like him nature.

If Shirley turned her head, she cou see her mother. She stood just insi the garden on the path, extravaga loops of roses behind her, looking alo and lonely, her big shoulders hunch forward, her shining black hair ma ing licks down her red cheeks, h short gaudy skirt showing big knee This ugly woman was attractive men, always had been, even as a sma girl. Men were looking at her now.

Shirley went to the round centr bed, which was like a gigantic po crammed tight with another pin creamy orangey rose, this time call "Troika." Myra was not going to b that, it lacked subtlety, did not ha that unearthly shimmer to it. A now, incredibly, Shirley did it aga She slid the scissors from her pock and snipped off a rose on a long stur stem. This found its way to the oth in her bag. Had anyone seen? Shirl wouldn't care! She'd bluff it out. Y imagined it, she'd say with her affro ed air. Call the police, then! Ch lenged with: Suppose everyone d it?—she'd reply, triumphant, with: B they don't, do they? *(continue*



MONG THE ROSES

ntinued

ra decided for the hundredth she didn't want any more of Shir- She got up from her bench, not ring about being noticed and ed past "Troika" on the other side bed to her daughter, and out of garden to where the miniature were.

ddenly it occurred to her: Perhaps ame here hoping to run into me? nows I come here a lot.

d indeed, as she turned away left, from the roses, she heard noisy unning.

llo, Mum," said Shirley. "Fancy g you."

w are you?" Myra said cautious-

, mustn't complain."

u've taken to gardening, then?"

s beginning to get to me, believe ot. We moved, did you know? It's big garden. I suppose you don't Well, let bygones be, what do ay."

u and Brian?" inquired Myra lly. Brian was the builder's mer-

, not him, we split up. And good nce. He beat me, Mum!" said y and laughed. Full of resent- full of admiration. That meant d left her, Myra decided.

e you divorced, then?"

s, it came through just after mas. And now I've got a really ne. You'd like him, I know that."

ve I met him?" inquired Myra thinking of the naked man she'd hrough the window, whose voice ad heard yelling with laughter. seemed Shirley had forgotten cident or at least that there had man Myra might remember.

a couldn't have met him. I only m myself last autumn."

u're going to marry him, then?"

, what's the point? Twice is h. We'll live together. We hit it ough. Made for each other."

at's good," said Myra. She noted s usual with this daughter she atching every word she said. y reacted unpredictably, could e, explosive, sullen, even pleas- ut no one ever knew. Myra felt alf her life she had been behav- if Shirley were a minefield and re running across it.

two women walked on in si- The lawn with squirrels run- bout it. The shrubby hillside. the long path up to the fountain l this one Myra hesitated, let- hirley choose, but Shirley decid- alk straight on and not go up to ntain. Myra *(continued)*

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kly went after her. As always.
the café Myra wondered whether
y, "Would you like a cup of tea?"
did not dare.
they went, and for the second
Myra was walking slowly along
path where the beds of roses stood
ither side. Shirley stopped. Myra
ped. "How do you prune these
gs?" asked Shirley.
Vell, that's easy enough," said
a, and she bent over the low rail-
ready to show how. "You must
e to an outside bud," she began,
was going on when it struck her.
ey might be—everything she was,
she wasn't stupid. If she was tak-
cuttings—stealing cuttings—then
must know how to prune. She
d have learned out of a book, as
had. "Would you like to come
some day, and I'll show you my
at home?"
hat's an idea. Yes, I'd like that,"
Shirley.
Then would you like to come? The
end? The thing is, Dad won't be
; he's off fishing this weekend."
Ve'll be by ourselves, then."
ou wouldn't like to bring your
—the one that you're living with?"
h, him! What for? No, I'd just like
e you, I've been missing you, be-
it or not."
ell, that's nice."
e goes on nature rambles," said
ey, "every bloody weekend."
hen I'll be a fishing widow and
l be a nature-ramble widow,"
Myra, smiling—as she knew—
nervousness.
hy do you put up with it?" de-
led Shirley, suddenly full of furi-
black resentment that positively
hed her mother. "You always put
ith everything. Why do you?"
ut I don't mind. Why should I?
us good to be apart the occasional
end."
ou always put up with *every-*
," shrieked Shirley. "I've never
l you stand up to him, never."
tand up to him," said Myra,
ed. "Why should I need to do
"
n *God*," said Shirley. "I can't be-
I simply *cannot* believe . . ." She
ed, evidently remembering that
ad just made up with her mother
lid not want to quarrel again. At
not yet. "Oh, well, it takes all
" she conceded, as agreeably as
ossible to her.
s, it certainly does," said Myra
a sigh. But she changed the sigh
cough, for fear it would set Shir-
f again. ■

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WHAT'S HOT

Melanie Griffith



Working girl makes good

A former wild child grows into a movie star. By Cathleen McGuigan

She made a dozen movies in as many years, but Melanie Griffith's stock didn't soar until she became a "Working Girl." Playing Tess McGill, the eager Wall Street secretary who breaks into the executive ranks, Griffith has enchanted both film critics and fans. With her flaky charm and breathy little-girl voice, her lip-biting vulnerability and bright-eyed determination, she makes this corporate comedy hum.

While reviewers have lavished praise on the thirty-one-year-old actress, gossip columnists have been salivating over her private life. What could be juicier than her romantic reunion with heartthrob Don Johnson? Divorced twelve years ago after just a few months of marriage, the couple got together again last August—shortly after he and Barbra Streisand came unglued. Now Melanie is sporting a diamond the size of a macadamia nut, and the two have said they'll remarry sometime soon. "I really love him," she sighs, sounding like a smitten teenager and looking like one, too, as she lolls on the hotel sofa, dressed in sleek black leather pants, a turtleneck and ankle boots.

In *Working Girl*, directed by Mike Nichols, Melanie, as Tess, chugs past the Statue of Liberty on a ferryboat each morning on her way to the financial district from unfashionable Staten Island. But the lady of the harbor is no beacon of equal opportunity. Despite Tess's toil—she takes speech lessons to get rid of her New York whine and goes to night school—she still finds herself in such demeaning positions as kneeling on the office floor to buckle up her boss's new ski boots. And when the ambitious Tess comes up with a brilliant merger-and-acquisitions idea, she can't run it on the fast track unless she reinvents herself and masquerades as an executive.

Griffith herself is no stranger to stereotyping. With an image in Hollywood as a good-time girl and on-screen sexpot, she had to fight to play Tess. "Yes, just a little," says the actress with an ironic laugh. Even with director Nichols in her corner, studio executives insisted she take a screen test—and wound up billing her after Harrison Ford and Sigourney Weaver, even though, as the lead character, Griffith appears in nearly every scene.

"Tess correlated a lot with me," she says, stubbing out her umpteenth cigarette. *(continued on page 110)*

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WHAT'S HOT Melanie Griffith



(continued from page 106) "Like finally saying, 'Okay, I'm going to do this part because I know I can.' That's what Tess did, and that's what I feel I've done, against everybody saying, 'Oh, you're just a sexpot.' Or 'You're a problem, you drink too much, you do drugs,' or 'You're wild.' "

As she freely admits, Melanie has done all those things during a life that has more plot twists than a soap opera. The daughter of actress Tippi Hedren, the blond ice queen of Alfred Hitchcock's classics *The Birds* and *Marnie*, Griffith grew up around cameras (her first show-biz appearance was in an Ivory Snow commercial) and on a ranch where her mother raised jungle animals (her pet pussycat was a leopard named Buster).

When she was a sophisticated fourteen, she met Johnson, then twenty-two, who was co-starring with her mom in *The Harrad Experiment*. She moved in with him, and four years later they wed. Johnson encouraged her to accept a role in the film *Night Moves*, which starred Gene Hackman. In that 1975 detective thriller, Griffith made her screen debut as a neurotic nymphet and showed an amazing natural ease before the camera. She had never particularly wanted to be an actress, she says. "But I got hooked the minute I made my first movie."

She appeared in a string of mostly forgettable films in the late seventies, and hopes of stardom dimmed. Offscreen she liked to party. "I guess because of growing up in the seventies, real life wasn't good enough," she says with a sigh. "You had to take something or do something to enhance it."

Professionally, her luck began to change when Brian De Palma cast her in the 1984 thriller *Body Double* as Holly Body, a coolheaded porn-movie queen. Critics singled her out for praise, and the performance led to the lead in Jonathan Demme's 1986 romp, *Something Wild*. She played Lulu, a bewitching chameleon who was naughty but nice.

Though her acting career began to take off, Griffith's private demons raged. Last spring, she went through rehabilitation for alcoholism at the Hazelden Foundation, in Minnesota. "It changed my life," she says. "I'm still battling the devil over here on my shoulder, but if I go one day at a time, I can do it."

True, she's gone straight before, only to slip, but this time, she insists, the reformation is permanent. "Nothing works if I drink," she says. "It's a battle, and you lie and you deceive yourself and other people. All that's gone away. There's no more of that in my life, and I struggle to be honest." What she wants now, she says, is a normal life. "To be an actor you have to have a life,"

Twelve years after their split, Melanie and Don are together again. She was a precocious fourteen when they first met

she explains. "Actors that are just in the mirror and want to make great movies are full of it. You have to have life experience and people experience."

These days, the most essential people experience for Melanie is her three-year-old son, Alexander, from her brief 1982 marriage to actor Steven Bauer ("having kids is the best," she says). She and Alexander have been living with Johnson in Miami, where the actor has been shooting the final episodes of *Miami Vice*. Thanks to her current success—she recently won the best comic actress award from the Hollywood Foreign Press Association, which also gave *Working Girl* its Golden Globe for the best musical or comedy film of 1988—Melanie now has a lot of scripts to read and can be choosy about her next role.

"I've worked hard to be noticed," she declares. "Give me a chance. I can do it. I'm not afraid to believe in myself now." All of a sudden, Melanie Griffith is certifiably big at the box office, although still unwilling to think of herself as a mainstream star. "I'm an actress," she says. "I'm kind of offbeat—and a little dangerous." And then she flashes a loopy grin. ■





"Having kids is the best," says Melanie, with three-year-old Alexander (above); in the urban ferry tale *Working Girl*, Griffith wallops Wall Street as brainy secretary Tess McGill

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health

Big help for little ailments



NEW ALLERGY REMEDIES MAY STIFLE THE SEASONAL SNIFFLES

Though an upset stomach, a stuffy nose or a nagging headache won't kill you, these little ailments can certainly be a pain. Now, however, there's more hope for help. Medical researchers focusing on routine disorders are finding twists on old treatments and in some cases coming up with entirely fresh approaches. The moral of the story: Even if you consider your complaint too minor to mention, discuss it with your doctor. You never know what improvements she may have to offer. Below, a look at the conventional treatments—and some brand-new remedies—for four of life's most persistent health problems

By Devera Pine

HEADACHES: GOING BEYOND THE TAKE-TWO-ASPIRIN APPROACH





LINKING STOMACH PAIN TO BRAIN CHEMICALS AND STRESS

TMJ SYNDROME: FINDING THE CAUSES AND CURES OF JAW PROBLEMS



ALLERGIES

Conventional treatments

Between 10 and 20 percent of all Americans will suffer the wheezing, itching and sneezing of allergies at some point in their lives. And until recently, treatment options were limited.

Conventional allergy therapies include antihistamines, decongestants and shots. Antihistamines usually stop an allergy attack; unfortunately, they may also cause drowsiness. And while decongestants aren't soporific, they aren't as effective as antihistamines, says Robert Ziering, M.D., an allergist in Vista, California. Decongestants can also increase blood pressure and heart rate.

The third option—allergy shots—involves injecting the *(continued)*

Tom Arma

Both of these women have a miserable allergy.

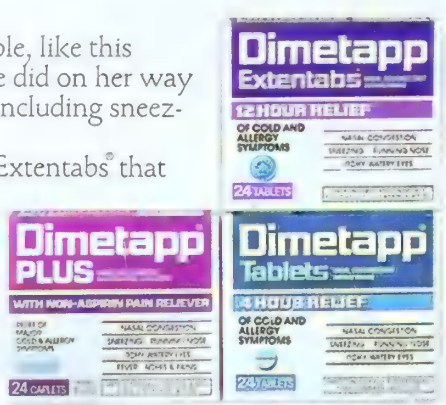


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LITTLE AILMENTS
continued

patient with extracts of allergens (substances that cause allergic reactions). As the patient becomes desensitized to the allergens, symptoms ease. But allergy shots are time-consuming and expensive: It takes about fifty weekly shots to produce noticeable results, and the cost ranges from $300 to $500 the first year.

New advances

A nonsedating antihistamine, terfenadine (brand name Seldane), clears up symptoms without causing drowsiness. However, terfenadine, available by prescription only, is much more expensive than over-the-counter allergy remedies (nearly $55 per one hundred tablets, compared with $20 for the same amount of most nonprescription remedies).

Although terfenadine is the only nonsedating antihistamine currently on the market, two additional prescription drugs are due out this spring: astemizole (brand name Hismanal) and loratadine (brand name Claritin). These drugs aren't as powerful as standard antihistamines, but none of them will make you sleepy, says Jean Marcoux, M.D., an allergist in Houston.

Another relatively new option is prescription nasal spray, which offers allergy relief with few side effects. Several types are available, including cromolyn sodium (brand name Nalsacrom) and topical steroid sprays. (The body absorbs such a tiny amount that steroid spray doesn't expose users to such usual steroid side effects as osteoporosis and hypertension.)

On the horizon: a new drug, called Pentigetide, which can prevent an allergic reaction. Scientists don't yet know exactly how Pentigetide works, and they are still testing it. If all goes well, the Food and Drug Administration (FDA) will probably approve Pentigetide sometime in the near future.

HEADACHES

Conventional treatments

Thirty million to forty million Americans suffer from some kind of headache pain. Twelve million to fifteen million have migraines—throbbing headaches marked by intense pain and sensitivity to light that tend to occur only on one side of the head. Until recently, doctors had little to offer beyond the standard advice to take two aspirin or, for migraines, potentially addictive narcotics such as Demerol.

New advances

Experts now say excessive use of p medications—both prescription a over-the-counter—tends to perpetu rather than cure headaches, beca they alter brain chemistry. Doctors also becoming aware that headac pain is not caused solely by tension also by chemical changes in the bra As a result, says Joel Saper, M.D., rector of the Michigan Headache Neurological Institute, in Ann Arb and author of *Help for Headac* (Warner, 1987), some of the m promising work now centers on br physiology.

The latest research suggests t the cause of certain headaches is so how related to serotonin, a natur tranquilizing brain chemical. One s experimental medicine with the c name GR43175 may prove to be ef tive in aborting acute attacks of graine. Experts don't yet know wh er the drug will be helpful against er types of headache, says Fred Sheftell, M.D., co-director of the N England Headache Treatment gram, in Greenwich, Connecticut. tors can also offer migraine pati the nonnarcotic drug Dihydroerg



e (DHE), which acts on the brain
alt pain in a way that's not yet
r.

esearchers *are* developing a clearer
erstanding of why various drugs,
used to treat other conditions, are
so effective against some chronic
laches. These drugs are, specifically,
tamine (a drug that narrows blood
els and hastens labor; DHE is relat-
o it), heart drugs such as beta
kers and calcium channel blockers,
some antidepressants. Experts now
ve that they work on brain recep-
specific to headache pain.

s now easier to find comprehen-
approaches to curing headaches
oing to headache clinics, which are
ing across the country. These cen-
—about thirty so far—offer the ex-
ise of a variety of specialists. Their
oaches include drug treatments
g with lifestyle modification (exer-
stress reduction and diet). A com-
e evaluation at these clinics aver-
$300 to $600; most insurance
panies will reimburse the cost.

MACHACHES

nventional treatments

ions of Americans are plagued by
ach pain. Yet until recently, many physicians believed their patients' problems stemmed from overeating or hypochondria. They offered little more help than admonitions to calm down, relax and eat properly.

New advances

This superficial approach to stomach pain is finally giving way to more sophisticated theories. Recent research points to intriguing connections between stress, brain chemicals and stomach symptoms.

Reducing stress may actually reverse chemical imbalances and get rid of symptoms, explains Martin Hassner, director of the American Digestive Disease Society, in Bethesda, Maryland. He adds that tension-reduction techniques (including biofeedback and relaxation exercises) are now used to help treat stomach pains caused by such common triggers as gas, constipation and indigestion. Other treatments are targeted to specific causes of pain. Here are several of the most common conditions and the latest therapies:

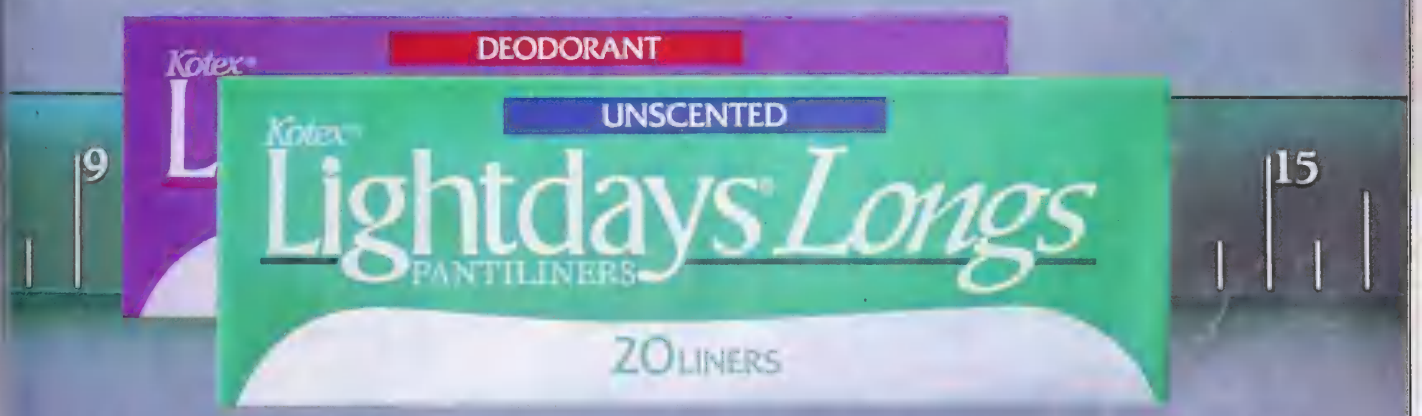
Gastritis: This generic term, which describes a range of disorders from inflammation of the stomach to indigestion, plagues some sixty million Americans. There's now a known cause and cure for some cases. Researchers have recently discovered that a species of bacteria called *Campylobacter pylori* can live in the stomach, where it may cause unpleasant symptoms such as discomfort after meals, nausea and varying degrees of pain. "This type of bacteria is much more common than we ever realized," says Theodore Bayless, M.D., clinical director of the Meyerhoff Digestive Disease Center at Johns Hopkins Hospital, in Baltimore. A combination of Pepto-Bismol and antibiotics has been found to suppress *Campylobacter* and relieve discomfort.

Ulcers: About four million Americans suffer from ulcers—sores in the lining of the stomach or part of the small intestine. Although the exact cause of ulcers is still not known, doctors now realize that ulcers are not more common among people who are highly stressed, as had long been believed. Genetics, however, does seem to play a role. Researchers are also looking into the possibility that *Campylobacter* causes some ulcers. If this proves to be true, doctors may be able to treat some patients with antibiotics and Pepto-Bismol.

Conventional ulcer treatment—successful in many cases—involves drugs called histamine blockers, which slow stomach acid production. These include cimetidine (brand *(continued)*

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LITTLE AILMENTS
continued

name Tagamet) and ranitidine hydrochloride (brand name Zantac).

The newest ulcer treatment—for people who aren't helped by conventional therapy—is a powerful drug called omeprazole (brand name Losec). However, omeprazole is so strong, it virtually halts the production of stomach acid, which may increase the risk of other disorders. Since scientists don't fully understand the possible long-term risks of shutting down stomach-acid secretion, they are concerned about potential unknown complications in patients who use this drug. Still, the FDA is expected to approve omeprazole for the treatment of severe ulcers within the next year, says Douglas Drossman, M.D., associate professor of medicine and psychiatry at the University of North Carolina at Chapel Hill.

Finally, a bland diet is no longer de rigueur for ulcer patients since doctors have discovered that certain foods don't disagree with everyone. But it may be wise to cut down on foods that stimulate acid production (caffeine, spicy foods). And all ulcer sufferers should avoid the time-honored remedy, milk. Doctors now believe it boosts rather than reduces stomach acid production.

Gallstones: Some twenty million Americans have gallstones—hard, solid accumulations of bile pigments and calcium salts that can cause pain, inflammation and other problems. Though surgery is needed to remove some stones, the FDA recently approved ursodiol (brand name Actigall), a medicine that dissolves cholesterol-containing gallstones. Researchers are also testing a procedure called lithotripsy, in which doctors aim sound waves at the gallbladder while the patient is immersed in water. Resulting vibrations break up the stones. (This inpatient procedure has already been deemed a success in the treatment of kidney stones.)

Finally, doctors may one day be able to banish gallstones by inserting a tiny tube through the skin to pump stone-dissolving medication directly into the gallbladder. This procedure is now being tested.

TEMPOROMANDIBULAR JOINT SYNDROME (TMJ)

Conventional treatments

Some eight million to twenty million Americans have TMJ syndrome: problems in the jaw joints that can ca many troublesome symptoms, incl ing ear and neck pain, dizziness a headaches. For many years, expe thought all TMJ pain was caused mechanical problems such as an proper bite or tooth grinding. So times, TMJ pain responded to jaw tooth realignment with braces or tainers. If not, experts had few alt natives to offer, says Joseph McC D.M.D., an oral and maxillofacial s geon in Miami, Florida.

New advances

A variety of new monitoring devi can help doctors pin down why a p son is experiencing TMJ pain. Tre ment varies depending on whether pain is due to mechanical proble muscle tension or a structural abn mality. There are now monitors measure the way jaw muscles mo and other devices to detect whet you clench or grind your teeth. If there are gadgets that can break of the habit by buzzing every time clench up.

Doctors have an easier time det ing problems caused by faulty j movement now that they have at th disposal advanced diagnostic te niques such as CAT *(continu*



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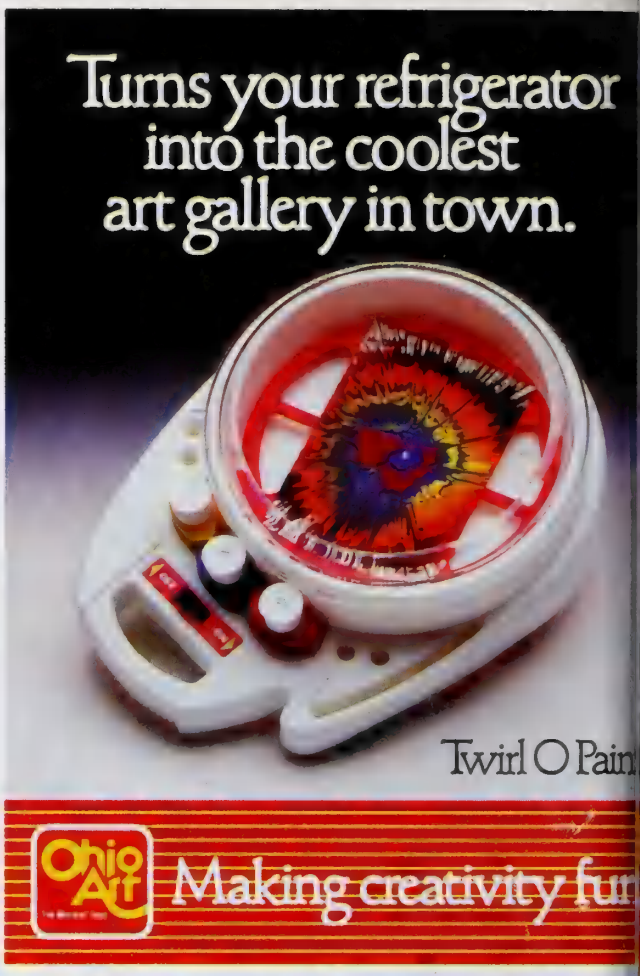
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LITTLE AILMENTS
continued

scans (computerized axial tomography) and magnetic resonance imaging (MRI), which create a picture of both bone and soft tissue. These techniques are an important advance over previous imaging techniques such as X-rays, says Kevin McBride, D.D.S., an oral and maxillofacial surgeon in Dallas. Reason: Ordinary X-rays show only bone, and before the development of MRI, doctors had to inject dye into the jaw to view soft tissue. In some cases, doctors feed the visual information from an MRI or CAT scan into a computer, and a moving, three-dimensional picture of the jaw in motion is created by showing a series of still images on a screen.

Once doctors determine the cause of a patient's TMJ pain, treatment can begin. Stress-related TMJ pain can be eased by biofeedback, counseling and the use of a bite splint, a plastic device similar to a dental retainer, which cushions the bite so the patient can't clench her teeth.

When TMJ pain is caused by structural problems in the jaw, surgery may be the solution. If so, arthroscopy—examination of the interior of a joint—can often substitute for an open surgical procedure. With arthroscopy—which is becoming increasingly common—a very small incision is made above the jaw, and a telescopelike device is inserted through it. This enables surgeons to look closely at the jaw, explains Bruce Sanders, D.D.S., an oral and maxillofacial surgeon in Santa Monica, California. Often, doctors can actually treat the problem through the small incision using microscopic tools. If the area is inflamed, they can also place medication directly on the problem area. This reduces swelling, scarring, and the chances of infection and bleeding, and it allows for jaw movement almost immediately after surgery.

Some patients may benefit from a total joint replacement. In this new procedure, the defective joint is replaced with one made of metal and plastic. At present, though, only a few doctors in the U.S. are qualified to perform joint replacement.

Finally, TMJ syndrome sufferers can now be treated at pain-management centers. In these centers, as in headache clinics, experts from several specialties work to help a patient get pain under control. "People really want to know that there is a physical basis for this pain," says Barry Cooper, D.D.S., director of the Facial Pain Clinic at the New York Eye and E Infirmary in Manhattan. "And that can be effectively treated."

Devera Pine is a nationally publish writer with a special interest in me cine and health.

For more information

Allergies: Write to the American College Allergy and Immunology, 800 East Nor west Highway, Suite 1080, Palatine, 60067, or call 800-842-7777.

Headaches: For a list of headache cent university research centers and specialist your area, write to the American Associat for the Study of Headache, P.O. Box 51 San Clemente, CA 92672.

Stomachaches: Got a question about st ach disorders? Call the American Diges Disease Society "Gutline"—a teleph hotline staffed by gastroenterologists. number is 301-652-9293, from 7:30 to 9 eastern time on Tuesday evenings only.

TMJ pain: For a free brochure on causes treatments, and a referral list of TMJ perts, write to: TMJ Infosource, 3540 W shire Blvd., Suite 310, Los Angeles, 90010, or call 800-522-8877.

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I took just such a dream trip recently to Kenya, the quintessential safari country, with its fabled game preserves and dramatic landscape—snowcapped mountains, dusty plains and exquisite beaches. The trip was well organized by Micato Safaris.



We made the grand safari circuit, taking van and plane hops to a number of the great game parks and spending nights in beautifully appointed lodges. The routine consisted of early-morning and late-afternoon game runs—the best times for viewing animals since they sleep during the heat of the day. Midday was for sumptuous buffet lunches, napping in comfortable beds safely tented by mosquito netting, or lounging by the pool, trading stories of thieving monkeys and charging rhinos.

Our first stop was Amboseli National Park, which lies in the shadow of Mt. Kilimanjaro. It is home to many elephants, now greatly endangered in Kenya.

A couple of short plane hops away is the Masai Mara, the best park in Kenya for animal viewing. There we stayed at the deluxe Fig Tree camp. A highlight here was a dawn balloon safari over the Mara, watching zebra, giraffe and antelope gracefully leap across the plains. After an hour's ride, we landed to find a champagne toast and a full breakfast.

We found Mountain Lodge, in the north, a welcome respite for the van-weary. Built on stilts next to a salt lick and watering hole, the lodge provides each guest room with a terrace for animal viewing, as well as wake-up calls for nighttime sightings. You can relax on the rooftop patio with its grand views of Mount Kenya.

Wandering the grounds of the Mt. Kenya Safari Club, in Nanyuki, is a perfect antidote to safari burnout. At this exclusive retreat, founded by William Holden, you can golf, swim, ride horseback, visit the animal orphanage or unwind at the Zebra Bar before dinner, which is a jacket-and-tie affair.

Before leaving for home from Nairobi, we visited Isak Dinesen's house, in the nearby suburb called Karen (after the author's real name, Karen Blixen). The house was used as the set for the movie *Out of Africa*.

Planning a safari It's best for first-time safari goers to use a tour company, especially during peak season, when park lodges and city hotels are booked solid. Your tour operator can also help you with visas and inoculation requirements.

When to go The dry season (January through March and July through September) is best for animal viewing, since animals tend to congregate near watering holes and are easy to find.

For more information Micato Safaris, 15 West 26th Street, New York, NY 10010, 800-642-2861. Kenya Government Tourist Office, 424 Madison Avenue, New York, NY 10017, 212-486-1300.

—KATE KANE

the smart traveler

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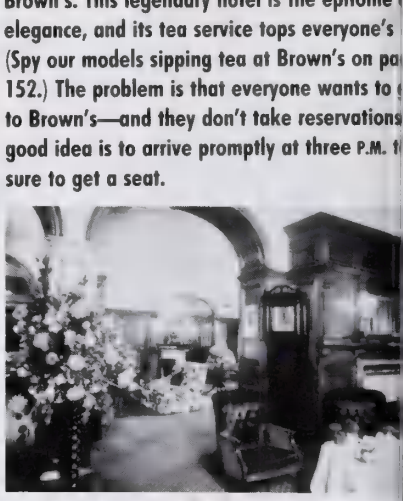
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GEORGIA *on my mind*

the best TEA

If you're going to have just one proper aftern tea in London, you might as well have it at Brown's. This legendary hotel is the epitome elegance, and its tea service tops everyone's (Spy our models sipping tea at Brown's on pa 152.) The problem is that everyone wants to to Brown's—and they don't take reservations good idea is to arrive promptly at three P.M. t sure to get a seat.



The tea delicacies arrive piled on a magnificent tiered silver tray. There are three courses: finger sandwiches, scones with jam c clotted cream, and pastries. (If you thought t civilized British ritual was a light snack, you'r in for a surprise—it's quite a substantial repa

At current exchange rates, tea at Brown's will cost about $17 per person. High, perhap but it's a perfect way to get the feeling of staying at a top hotel for a fraction of the co of a room.

(Brown's Hotel, Albemarle Street, London W1A 4SW)

TRAVEL TALK continued

OFF THE BEATEN TRACK

Emilia Romagna

Italy without the crowds



Steeped in history: the stately town hall of medieval Bologna (above); a quaint side street in Ferrara (right)

Ever try walking the streets of Venice in July? You're sure to have found yourself jostled by hordes of fellow tourists. Why not try getting off the usual Rome-Venice-Florence circuit?

Emilia Romagna, lush and well-to-do, is made up of a string of small cities built along the ancient Roman Emilian Way, just south of Venice and Milan. Everywhere you go in this fertile region, you find unexpected treasures: medieval towers and the mansions of noblemen, sleepy towns lined with cobblestone streets and tempting cafés. The food is marvelous: Tagliatelle, tortellini and ravioli originated in the area, along with the native wine, lambrusco. (And Parma, in the heart of the region, is the home of that savory staple of Italian cooks everywhere, Parmesan cheese.)

The capital of Emilia Romagna is Bologna, which dates back to medieval times. As you walk down its narrow streets, it's easy to imagine robed nobles and scholars stopping to under the immense porticos (covered walkways) frame practically every sidewalk.

Bologna makes a good base of operations for ing the area. From there, it's a short ride we Parma, founded by the Romans in 183 B.C. The most fantastic structure is the monumental repr tion of the Farnese theater. To give you an idea opulent excess: At the wedding of a Farnese scion daughter of the powerful Medicis, an area in fr the stage was completely filled with water so a battle could be enacted.

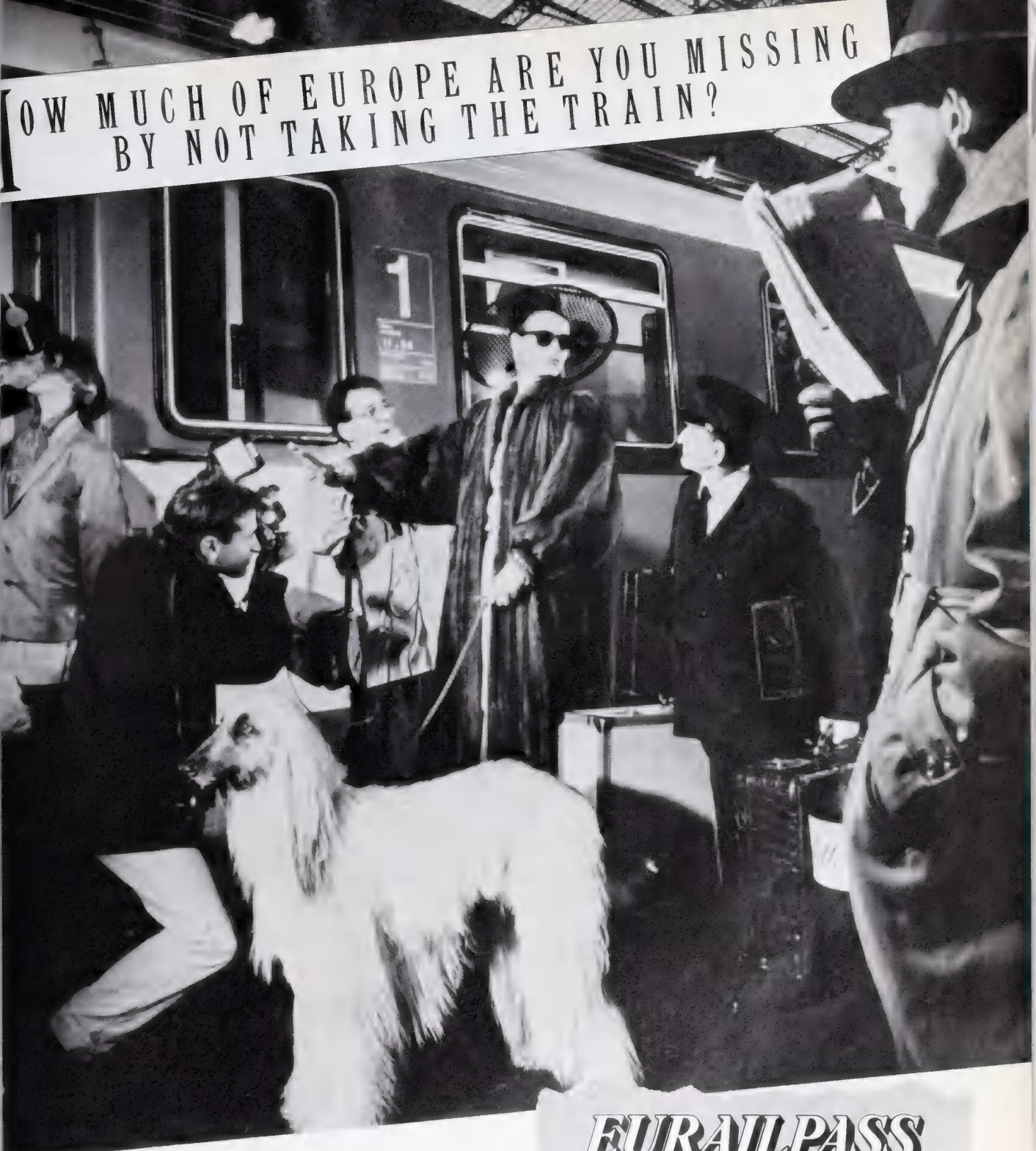
North of Bologna is the delightful town of Fe built around a fourteenth-century castle. A bit fa is Ravenna, renowned for its glittering Byzantine saics depicting everything from pastoral scen stories from the Bible.



Finally, you'll want to tou seacoast. The resort town of ni, on the Adriatic near Rav makes a perfect last stop.

For information: Italian Go ment Tourist Office, 630 Fifth nue, New York, NY 10111, 245-4822. —CHRISTIAN

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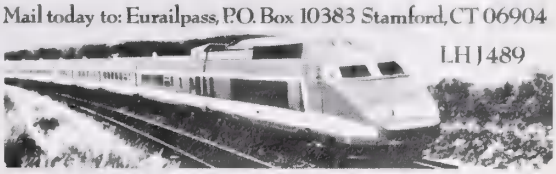
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LHJ489



Produced by Karen J. Reisler
Text by Carolyn B. Noyes

LIGHTEN UP, BRIGHTEN UP...

NEW VICTORIAN



Just a century ago, Victorian homes contained rooms overflowing with furniture, and fanciful flourishes such as tassels and fringe embellished everything from Chesterfield chairs and couches to draperies. The lush style of this bygone era has been especially popular the last few years.

Now designers are taking the Victorian revival a step further. The newest interpretation retains the elegant romance but is brighter and fresher. So, if you've always admired **Victorian** design but didn't want all dark walls and heavy furniture, the updated version offers many options. The most obvious change? Color. Deep reds, crimson and greens of the past have been replaced by **bright reds and rust** accented with **bleached pine** woods, and painted checkerboard floors and shutters.

But the revival is more than simply a lighter palette, as designers give new function to some of the old elements. Fringes adorn pillows, not upholstery; **mixed patterns** are more linear, scaled-down, not large florals; draperies hang straight from a brass rod, not held with tassels; a classical bust sits atop a pale wood stand, not a carved mahogany pedestal.

Perhaps the best feature of luxurious updated Victoriana, as with the old style, is the emphasis on **eclectic** accessories, which allows for personal expression—displaying favorite pieces together regardless of an item's period or style.



traditional

- elaborately carved furniture
- parquet floors
- exotic touches—Japanese screens, Persian carpets, Chinese vases
- fabric-covered walls
- trompe l'oeil painting and murals
- large floral patterns
- needlepoint pillows

updated

- wicker and wood furniture (pale colors or white)
- painted wood floors
- streamlined foreign influence—geometric Indian rugs, black lacquer Oriental boxes
- painted walls
- framed paintings
- mixed patterns in brighter colors
- tapestry pillows

Top right: Interior designer, Stanley Hura; furniture from the Museum of American Folk Art "America" Collection by Lane Furniture. Left: Parlor c. 1858 from VICTORIAN SPLENDOR, by Alison Kyle, published by Stewart, Tabori and Chang; photography by Elizabeth Heyert.

MATCHMAKER



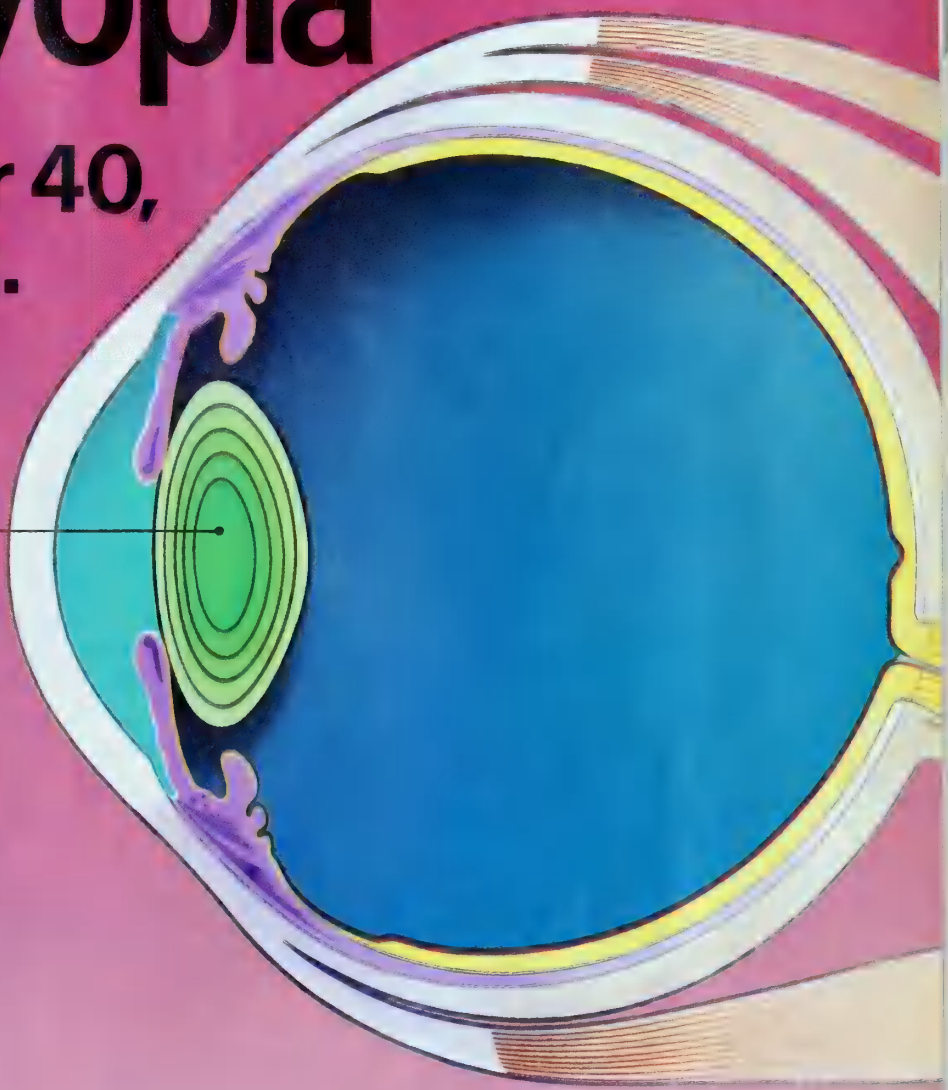
There's nothing more frustrating about a home project than seeing that your painstaking paint job does not match your upholstery, even though your paint swatch did. Benjamin Moore's Color Matching System and Pittsburgh Paints' Accumatch takes the guesswork out of choosing correct colors. These computer systems can read your color sample (fabric, wallpaper, carpet) and determine the exact paint formula to match.

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are

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Produced by Susan M. Parkes. Text by Carolyn B. Noyes



Retin-A a user's manual

Retin-A makes it easy to fool Mother Nature. Here's how to get the most from this miracle cream, plus tips for super skin protection

In the past year or so, Retin-A has been making headlines because of its ability to erase facial lines and wrinkles resulting from years of exposure to the sun. In fact, this new role for Retin-A has practically eclipsed its original role as an acne medication.

But using the medication, which causes the outer layers of the skin to peel away, is not without its problems. If used improperly, Retin-A can cause redness, itching and excessive peeling. Now that doctors have had the chance to observe the effects of Retin-A, they've learned that you can prevent the worst side effects by introducing the medication gradually. Ellen Gendler, M.D., clinical assistant professor of dermatology at New York University and board member of the Oil of Olay Skin Care Center, in Shelton, Connecticut, offers these guidelines. (You must be under a doctor's supervision; Retin-A is available only by prescription.)

CATCHING SOME (SAFE) RAYS

Although it's best for everyone to use a sunscreen (or avoid the sun altogether), protection from the sun is particularly important for Retin-A users, and not just in the summer. Since the medication causes the skin's outer layer (its first defense against the sun) to fall away, skin is even more vulnerable to burning. These three types of sunscreens are best bets.

type	what it does	to try
Broad-spectrum	Provides optimum protection by blocking UVA and UVB rays, which cause sunburn and skin cancer. All contain PABA, the strongest sunscreen ingredient available.	■ Super Sunblocking Creme SPF 20 by Avon ■ Photoplex SPF 15 by Herbert Labs ■ Coppertone SPF 44 Sunblock Lotion ■ Bain de Soleil Protecteur Gentil Face Creme SPF 25.
PABA-free	PABA is irritating to some people. These substitutes will give excellent sun protection.	■ Shade Sunblock Stick SPF 25. ■ Neutrogena PABA-free Sunscreen SPF 15 ■ Edipse PABA-free Photosensitive Lotion SPF 25
Moisturizing	A beauty shortcut: Retin-A users must apply moisturizer. Try a two-in-one combo of sunscreen and moisturizer.	■ Vaseline Intensive Care Moisturizing Sunscreen Lotion ■ Shade SPF 44 Sunblock Lotion.

THE BIG BUILDUP

■ Use a diluted formula or a low concentration cream at first. After three months, if you've experienced only minimal irritation (which is to be expected), your doctor may switch you to a higher concentration. New: Ortho Pharmaceuticals, the originators of Retin-A, recently introduced .025% Retin-A cream, the mildest available to date. This formula may produce the same therapeutic results as .05% cream (previously the lowest concentration) with fewer side effects.

■ Start with infrequent applications. When you begin using Retin-A, apply it only every third night. When skin can take it, use every other night. After a year of use, light applications two to three times per week should suffice.

CLEANSING CLUES

dos . . .

■ Before applying Retin-A, cleanse face with a mild soap and wait twenty minutes to reduce chance that Retin-A will irritate open pores.

■ Use a moisturizer after applying Retin-A. (Try Oil of Olay Sensitive Skin Beauty Fluid.)

. . . and don'ts

■ Avoid astringents, exfoliants and masques, as these may aggravate dryness and irritation.

■ If you are having a facial or waxing done on sensitive areas such as eyebrows or the upper lip, be sure to say that you are using Retin-A.



If you can make a bed, you can decorate a room.

K mart introduces the At Home



Now, K mart makes creating the bedroom of your dreams as easy as picking out sheets for a bed. Everything you need to create the wonderful bedrooms you see here is available at K mart, in a new collection of beautifully coordinated bedding and accessories. There are three classic patterns styled by Martha Stewart exclusively for K mart.

The bedroom on the left is designed with a pattern named Glorious Morning.™ Delicate green vines and blue flowers along with blue and green stripes have been carefully printed on this fine quality percale from J.P. Stevens.®

On the right is Martha's Garden.™ Inspired by blooms from Martha Stewart's own garden, this fine bed linen from Cannon® is graced with old-fashioned peonies, roses, tulips, forget-me-nots and campanulas.

On the last page you'll see our third special pattern,



with Martha Stewart Collection.™

Blue Bows™ from WestPoint Pepperell® A delicate French ilk fabric of the 19th century inspired the many shades of blue that make up this design of flowers and bows.

With all three, entire bedroom ensembles are available: heets that come with pillow cases, cozy comforters that ome with a bed skirt and ruffled pillow shams, curtains, nd valances. All are exquisitely crafted with generous uffles, fine tailoring and a special softness to the fabric.

There's even convenient pre-packaged fabric available in Martha's Garden™ and Blue Bows.™ You can use it in a variety of ways. For instance, you can cover lampshades and picture frames, and create chair covers and tablecloths. In fact, the bed skirt on the right was created to fit the height of the antique bed frame, courtesy of Martha Stewart. K mart's pre-made bed skirts reach the floor on a standard bed frame.



To make your room affordable, we've coordinated our efforts.

K mart and Martha Stewart have also selected special items throughout the store that work beautifully with the At Home with Martha Stewart Collection™ and with your budget.

They include sheets, towels, pillows, blankets, lamps, bowls, table rounds, even mini blinds. They're all marked with a special sticker that says Martha Stewart Selection, so they're easy to find.

And upcoming K mart Kornerstones® will show you how to create custom lampshades, chair and table covers with the additional fabric available.

Just look in K mart's Bed and Bath department. And you'll see when it comes to beautiful home fashions, the possibilities at K mart are endless. Especially when your budget isn't.

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We know it's still cold out, but now is the time to get your body looking its bathing-suit best—remember, you can't slim down in a week! Here's a foolproof workout routine designed for *LHJ* by exercise pro Denise Austin—host of *Getting Fit with Denise Austin* and creator of six exercise videos (her latest, *The Complete Workout*). Do these ten toners for ten minutes a day, seven days a week (each exercise takes one minute). In just eight weeks your body will be beachy keen! (Consult your doctor before beginning this or any exercise routine.)

1 back-of-thigh definer

Support body on all fours and lift left leg back to shoulder level. Squeezing buttocks, lift leg up as shown and lower to floor, pointing toes. Repeat for thirty seconds, switch sides and repeat. Keep head down and don't arch your back.



2 triceps toner

Stand with legs shoulder-width apart, knees slightly bent, stomach tucked in. Lean slightly forward as if you were diving into a pool. Raise arms behind you, palms facing ceiling. Slowly bend arms and straighten continuously for one minute. Don't swing arms.



Photos, Nesti Mendoza; hair and makeup, Philippe Becker for Timothy Priano; all clothing and accessories, Reebok ▶


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3 below-the-belt warm-up

Stand straight, stomach in, arms bent at shoulder level, fingers touching in front of chest. Raise right knee to hands, lower; raise left knee to hands, lower. Raise right knee to right elbow, lower; raise left knee to left elbow, lower. Repeat for one minute.

4 hip trimmer

Start in a lunge with left knee bent at a 90-degree angle and right leg straight back. Both feet should face forward and knee should stay at a 90-degree angle—don't let knee go past toes. Rest hands on left thigh. Touch right knee to floor and straighten. Repeat for thirty seconds and switch legs. Continue for thirty seconds.



5 waist whittler

Lie on back with hands clasped behind head, right knee bent at a 90-degree angle, left leg straight and slightly off floor. Keep small of back pressed to floor. Bring left elbow to right knee, keeping right elbow on floor; then twist so right elbow touches left knee. Continue to alternate for one minute.



tummy tuck

Lie on back, left leg bent with foot flat on floor, right leg straight up, hands clasped behind head. Using abdominal muscles, lift head and shoulders and reach toward right knee with both elbows while bringing in right knee toward head. Be sure to press small of back into floor as elbows come to knee. Repeat for thirty seconds and switch legs. Continue thirty seconds.

6



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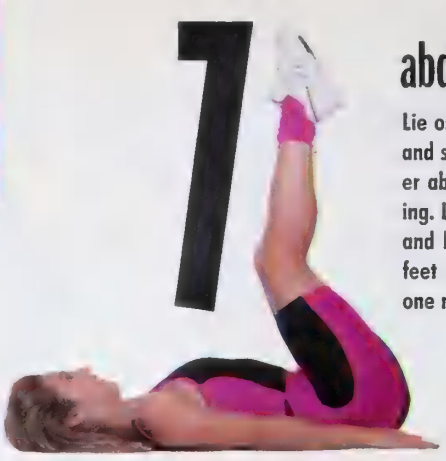
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989

PROTECTION IN MOTION

7 abdominal flattener

Lie on back, arms at sides and legs up and slightly bent as shown. Using lower abdominals, push toes toward ceiling. Lift buttocks a few inches off floor and lower. Move slowly so knees and feet stay in same line. Continue for one minute.







8 outer-thigh smoother

Lie on right side and prop body up on right elbow. Bend right knee as shown and raise left leg. Lift left leg to shoulder height, circle leg and lower. Repeat for thirty seconds, then switch sides and continue for thirty seconds. Don't lean back.

9 inner-thigh tightener

Prop yourself up on right elbow as shown. Raise left leg straight up so it's at a 90-degree



floor. Hold left leg with left hand. Turn right leg out as shown; keep right foot flexed. Lift right leg up to touch left leg, and lower. Continue lifting for thirty seconds, then switch sides and repeat for thirty seconds.



10



chest firmer

Stand straight, bring elbows to shoulder level and bend arms at a 90-degree angle. Pull elbows together, touch elbows in front of chest and release to starting position. Be sure to really use chest muscles to pull elbows together. Do slowly, for one minute.

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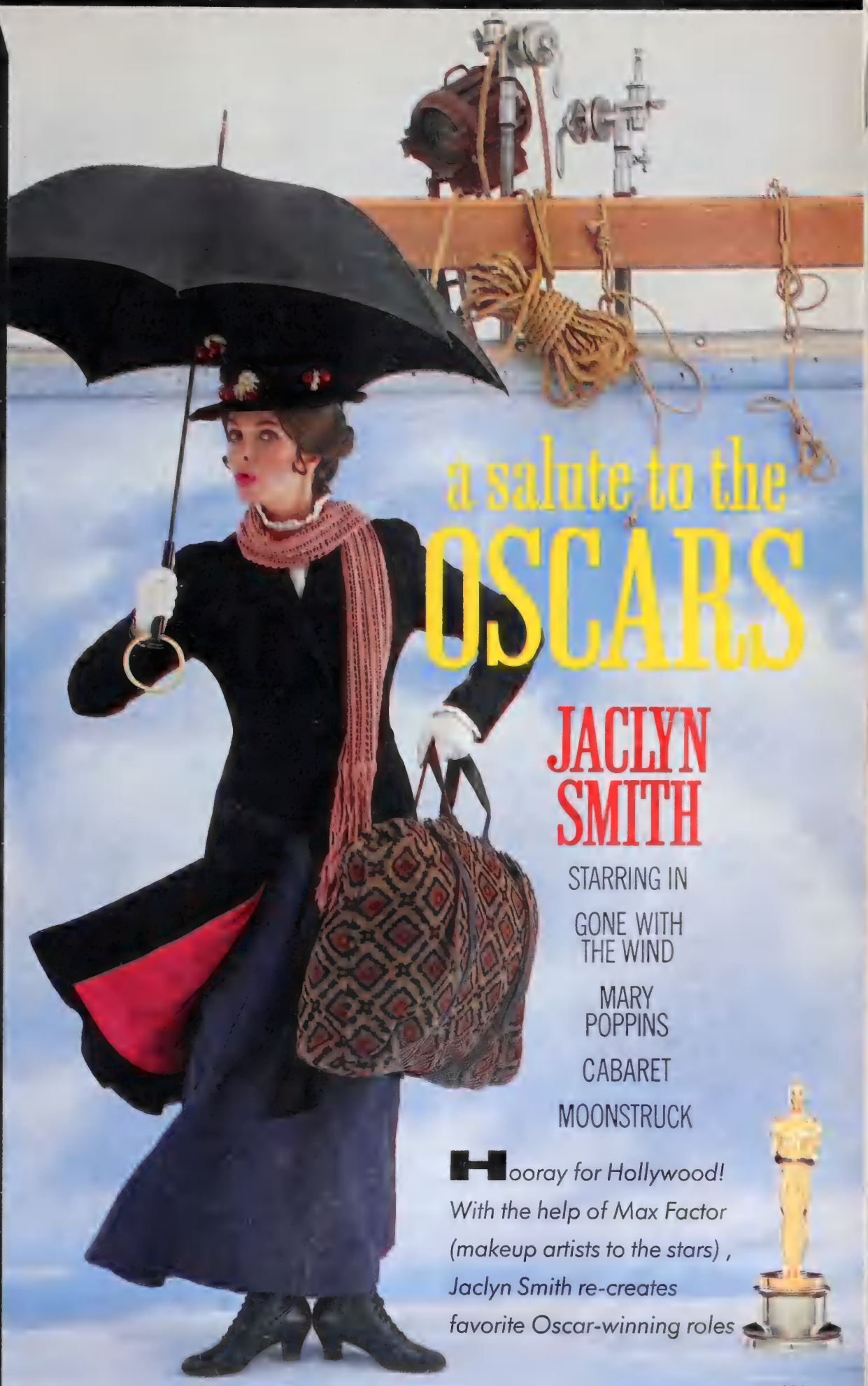
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a salute to the OSCARS

JACLYN SMITH

STARRING IN

GONE WITH THE WIND

MARY POPPINS

CABARET

MOONSTRUCK

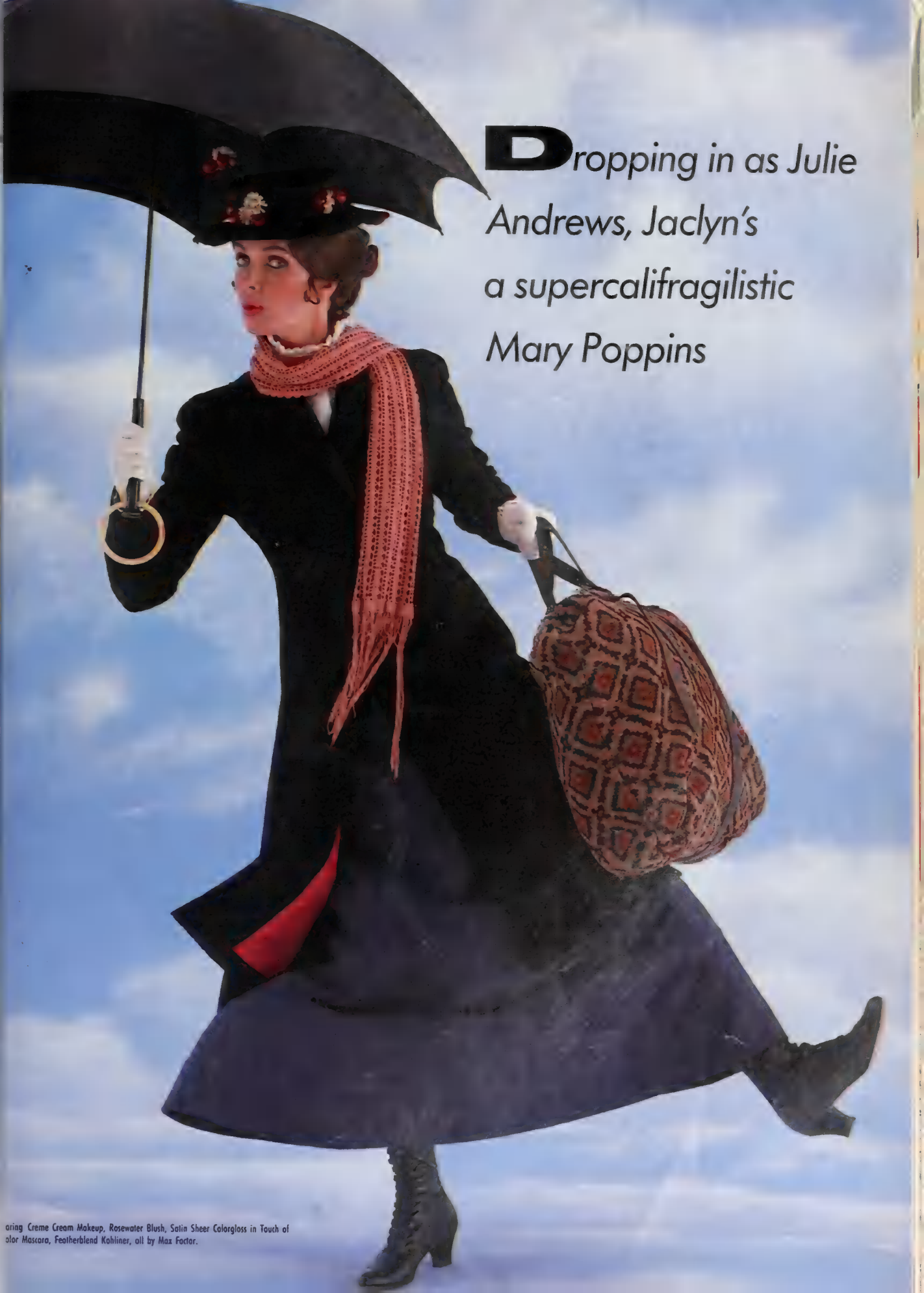
Hooray for Hollywood! With the help of Max Factor (makeup artists to the stars), Jaclyn Smith re-creates favorite Oscar-winning roles

EPRI 12



Vivien Leigh was unforgettable as Scarlett. Jaclyn's tribute is truly picture-perfect

Jaclyn's wearing Light ■ Natural Makeup, Translucent Face Powder, Rosewater Blush, Moisture Rich Lipstick, Some Color Mascara, Featherblend Kohliner, Brush ■ Brow Eyebrow Color, all by Max Factor. Makeup, Bob Sidell; hair, John Malone, costume stylist, Lynne Pennington Webster. All costumes on these four pages, American Costume, North Hollywood, CA. All photos, Reid Miles.



Dropping in as Julie Andrews, Jaclyn's a supercalifragilistic Mary Poppins

aring Creme Cream Makeup, Rosewater Blush, Satin Sheer Colorgloss in Touch of
olor Mascara, Featherblend Kohliner, all by Max Factor.

Willkommen! Life is a cabaret for Jaclyn, remembering Liza's center-stage performance



Jaclyn sparkles in Pro Color Skincare Whipped Creme Cream [illegible], Moisture Rich Lipstick, Lip Definer Pencil, 2000 Calorie Mascara, Dark Brown Magic Eyeliner Pen, Professional Eyeshadow Base, Satin Shadow, Fresco Sunset Coverup, Brush & Brow Eyebrow Color, all by Max Factor.

Cher the feeling. Jaclyn
icks up her heels in "Moonstruck"—
ow, that's amore!



g Pan-Stik Foundation, Waterproof Cream Blush, Lasting Color Lipstick, 2000 Calorie Mascara,
ohliner, Satin Shadow, Brow Tamer, all by Max Factor.

JACLYN SMITH as herself

This working mother talks candidly about her kids, her career and how she's found the man of her dreams



When *Ladies' Home Journal* asked Jaclyn Smith to help us celebrate this Academy Award month by portraying four of Oscar's favorites, little did we know she'd been practicing all her life.

"I was always dressing up when I was a little girl," says Jaclyn, who grew up in Houston. "I used to parade around in my mother's half slip, pretending it was a strapless evening gown. But the character I wanted to be most of all was Scarlett O'Hara. My mother used to indulge my whims by making me costumes—including a Southern belle gown complete with wide hoop skirt and big-brim hat. I was so enthralled with everything about *Gone With the Wind*—the fashions, the furnishings, the huge winding staircases—that I insisted my family call me Scarlett!" She laughs, adding, "They sort of went along with it, hoping, 'this too shall pass.' "

Now that she's the mother of two herself, Jaclyn's usually jumping through hoops instead of wearing them. "I'm busy from early morning until late at night," says the forty-one-year-old mom. "My seven-year-old son, Gaston, is very involved in after-school sports—tennis, soccer, baseball—and Spencer-Margaret, who's three, does ballet. So I have to juggle my time between reading scripts, attending meetings and taking the kids here and there." True, she is affluent enough to employ a nanny, but Jaclyn tries to play full-time parent whenever she's not on camera. Indeed, as she answered our questions, she was kept busy comforting her little girl, who was suffering from an ear infection.

"This is the busiest—but best—part of my life," she declares. "There's never a dull moment—each day is like a constant exercise class. We go to Gaston's games, and to parks—sometimes theme parks like Sea World and Knott's Berry Farm—or to children's theater and movies, when the right ones are in town. We often watch movies at home, too—in fact, my kids pop *Mary Poppins* into the VCR all the time."



In the past year, Jaclyn's had more time to savor such moments. The classic beauty, who since her Charlie's Angels days has made a career of starring in TV mini-series (her most recent two were last spring's *Windmills of the Gods* and *The Bourne Identity*), decided to take eight months off to be with her children. "I felt that after I'd spent so much time working, it was their turn," she explains. "I wanted to be at home."

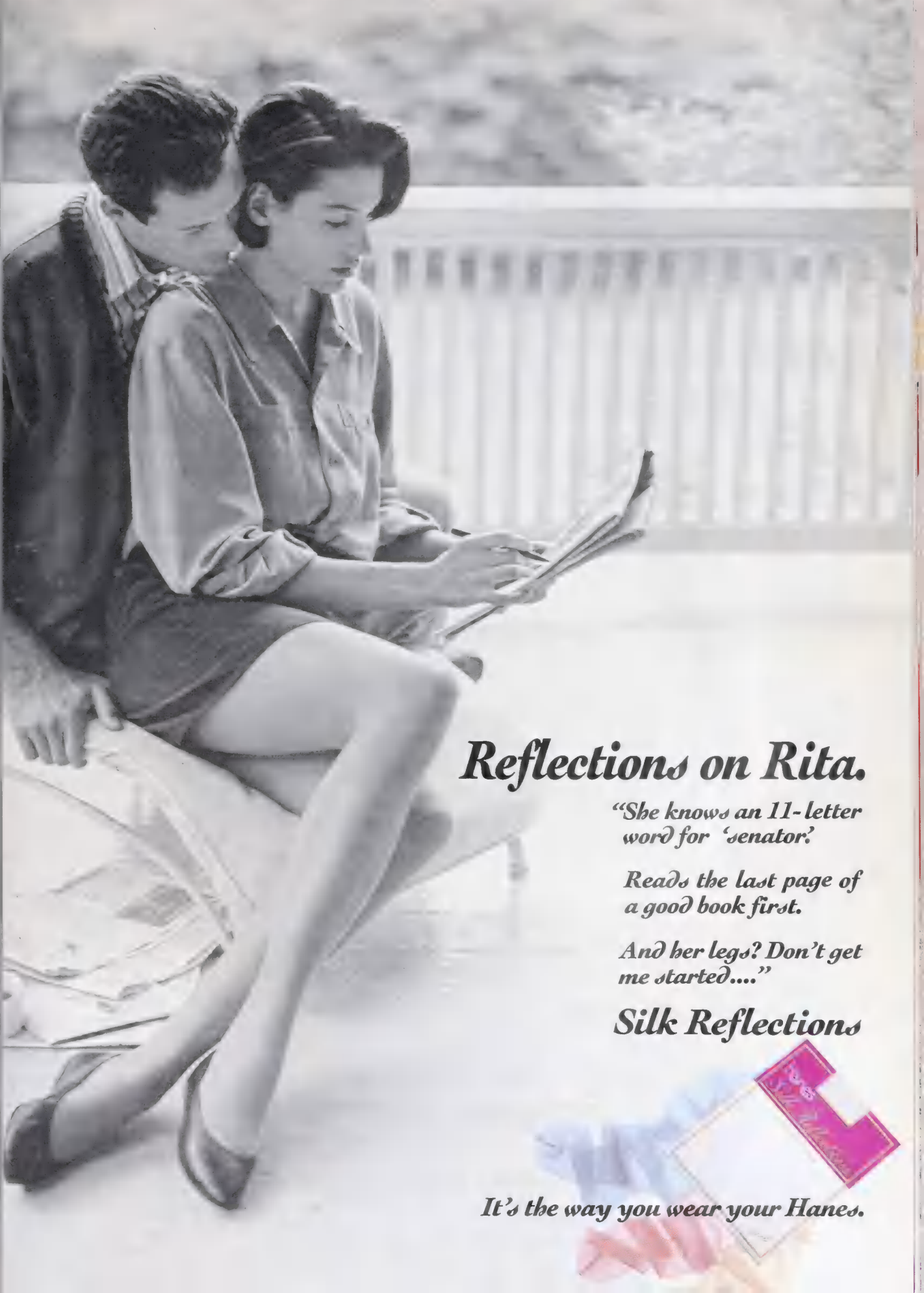
Home is a grand French colonial in *(continued on page 212)*



BEHIND THE SCENES

LHJ's Beauty and Fashion Editor, Lois Joy Johnson, and her staff spent several weeks researching the best-loved Academy Award winners and their costumes before heading to Hollywood to shoot this story. Above, the Scarlett O'Hara set. Jaclyn's dress is a close copy of the one Vivien Leigh wore to the famous Wilkes barbecue. Left, Lois and Jaclyn talking with Hollywood photographer Reid Miles about the best ways to portray the characters. Jaclyn, Reid and the crew ran videos of all four movies on the set to get instant inspiration.

Photos, Reid Miles; hair and makeup, Alfonso Roe for Cloutier. Top left picture: All clothes, Go Silk for L'Zinger Int; bracelets, Fragments.



Reflections on Rita.

"She knows an 11-letter word for 'senator.'

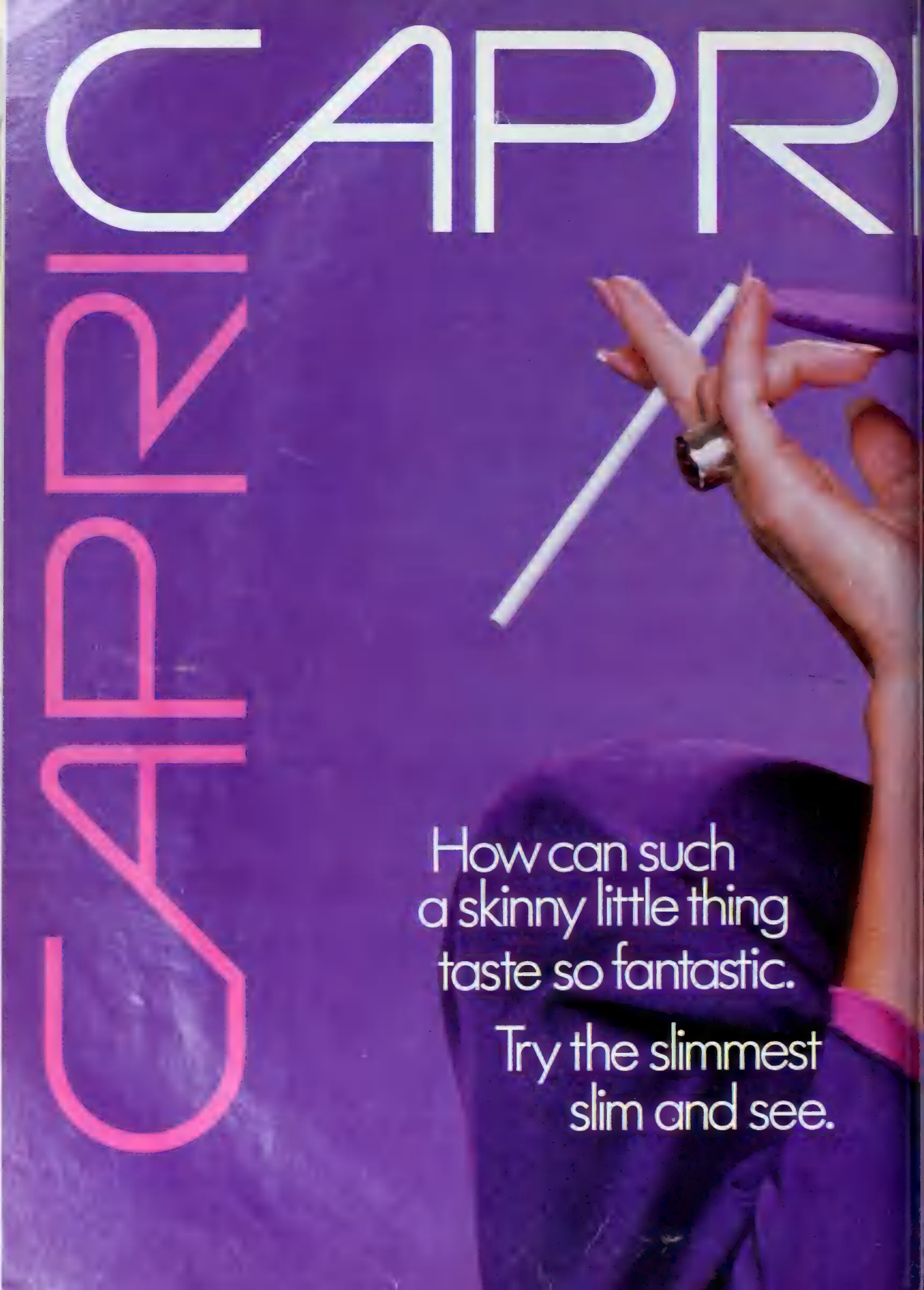
Reads the last page of a good book first.

And her legs? Don't get me started...."

Silk Reflections

It's the way you wear your Hanes.

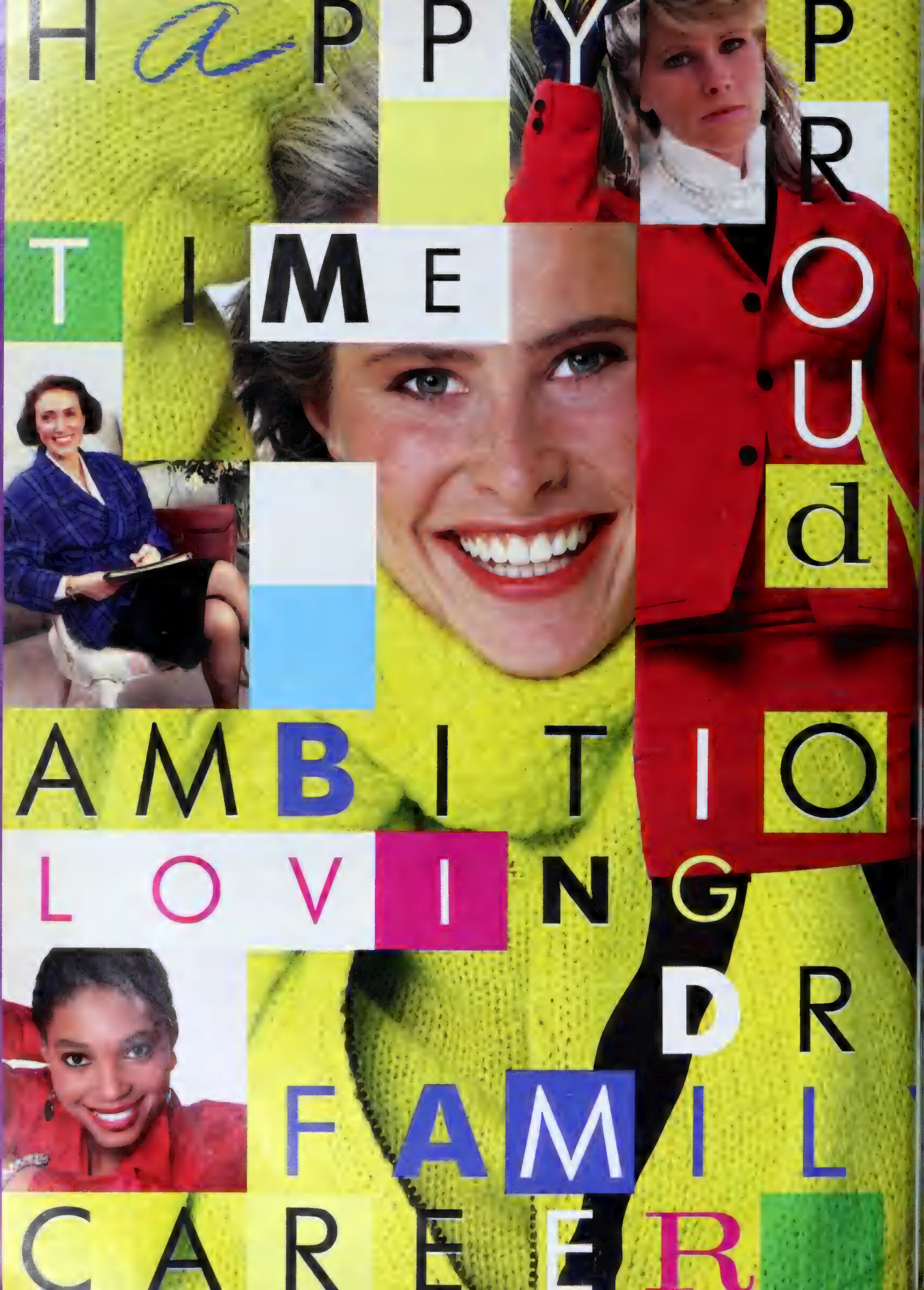
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Proud
Time
Ambitious
Loving
Driven
Family
Career

How have we changed in the eighties? Our survey reveals a newly confident and caring woman who has made many surprising changes in her life. Read on for an intimate portrait of today's new realist

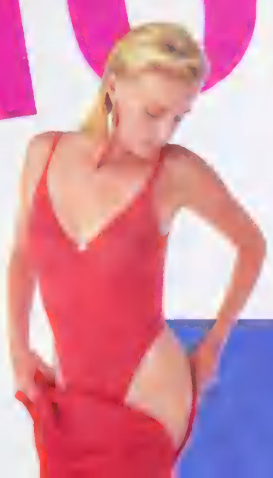
how we live MS NOW











By Clive Enos, Ph.D., and Sondra Forsyth Enos

LAST JULY, WE ASKED WOMEN TO share their innermost dreams and feelings in a survey titled "What are you reaching for?" An astounding 90,000 of you responded, and the data from your questionnaires was analyzed at St. John's University in Jamaica, New York. What emerged was a fascinating profile of women on the eve of the nineties. Among the most surprising highlights:

You don't have to be married to Mr. Right to be a happy woman. These days, fully 100 percent of married women measure their self-worth by their own accomplishments. It's no longer a husband's success that determines how good a woman feels about her life, and this was true for women of all ages and socioeconomic groups. A husband's status did not predict a wife's self-image. The women who are most *(continued on page 218)*

Never say die

Just a generation ago, most young cancer victims died within a few years of diagnosis. Now, however, medical advances make it possible for many of these courageous youngsters to conquer their disease and go on to live healthy, normal lives







Survivors: Todd Schaffhauser (above), Beth Michener and Norman Morgan are living happy, healthy lives after beating cancer

WITH HER DARK, SHINY hair, curvy figure and sparkling smile, nineteen-year-old Elena Chiesa radiates good health. Seeing the Rosary College sophomore today, it's hard to believe that just five years ago, doctors feared she was doomed.

Diagnosed at the age of eleven with acute lymphoblastic leukemia—the most common form of childhood cancer—Elena had been undergoing chemotherapy for eighteen months when she suffered a bone marrow relapse. This is the worst complication a leukemia patient can encounter because it usually means that the malignant cells have become resistant to drugs—and that the likelihood of a cure is greatly reduced.

If Elena had experienced her relapse just a few years earlier, it would have amounted to a death sentence. But thanks to the work of pioneering physicians at St. Jude's Children's Hospital, in Memphis, Elena was given a second chance.

By Nelly Edmondson Gupta

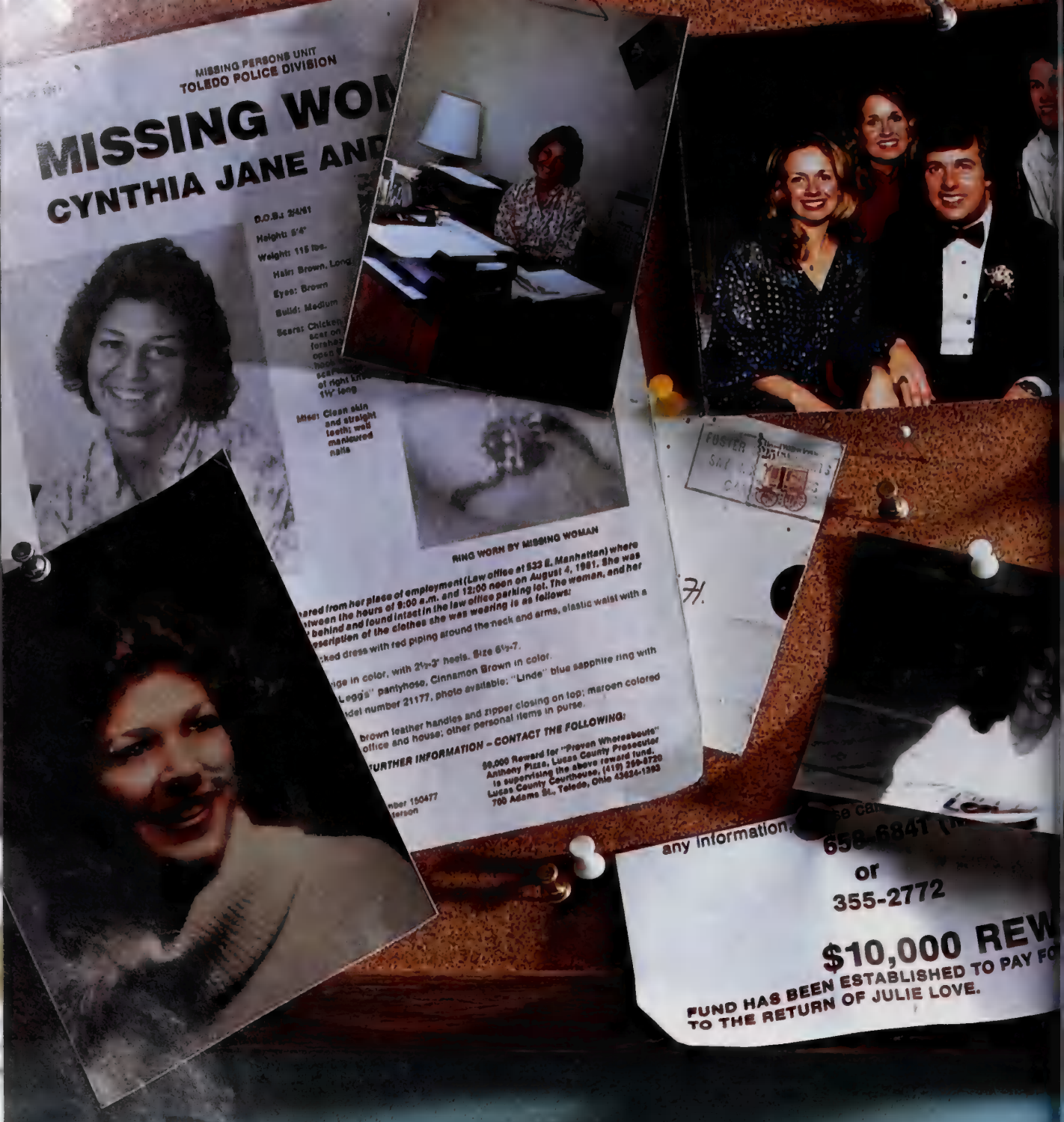
She and another twenty-seven relapsed

(cont. on page 208)



Elena Chiesa, nineteen, says her triumph over cancer changed her outlook. "I don't take things for granted—like the sunrise and sunset, or sitting at home talking with my family."

Marty Umans



We have all seen the posters from time to time—on telephone poles, on police-station walls and reprinted in newspapers. A photograph of a woman, the word MISSING, a family's anguished plea for information. But except in a few well-known cases, we will never learn anything more. And except in a few well-known cases, neither will the woman's family.

Where have these women gone? Relatives often fear that a woman who disappears has been the victim of violence, and in some tragic instances that is true. In others, however, it is not. According to Steven Lab, assistant professor of criminal justice at Bowling Green State University, who has studied the subject of missing persons, foul play is involved in no more than 10 percent of adult disappearances. Often, Lab says, both women and men may vanish voluntarily as "an escape from home or work problems."

Nationwide statistics on missing adults are sketchy, but Search Reports, Inc., a missing-



AMERICA'S MISSING WOMEN

BY MARIANNE JACOBBI

Each year, an estimated fifty thousand women disappear—and many are never seen again. Do they run away? Are they kidnapped or killed? A special report on these baffling real-life mysteries, and a close-up look at three unsolved cases

persons agency based in Hasbrouck Heights, New Jersey, estimates that one hundred thousand adults—half of them women—now vanish each year; there are no estimates on how many of them are found. During the past ten years, says private investigator Marilyn Greene, the number of women who vanish has increased, perhaps as economic opportunities outside the home have expanded. Experts also note that it is easy to establish a new identity through a fake driver's license or birth certificate. *(continued)*

(continued) For women who are facing a major crisis or whose life is unbearable, running away may seem like the easiest solution. In many disappearances, says Greene, the co-author of *Finder: The True Story of a Private Investigator* (Crown, 1988), "there is an element of overwhelming pain."

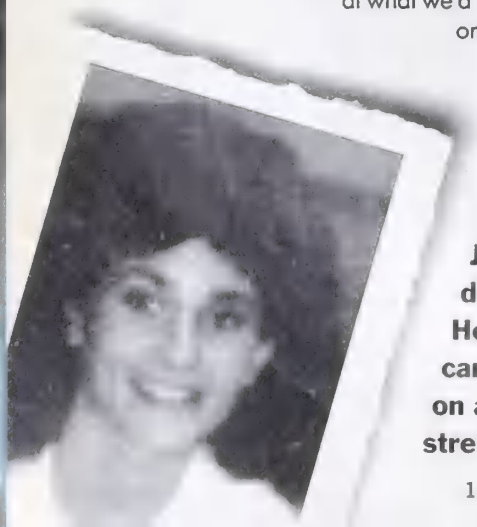
Women who do disappear voluntarily rarely return, says Edmund Pankau, president of Intertect Inc., an investigative firm based in Houston. Most of these women, he says, are in their thirties, and they usually begin a new life in a big city. "If they have fulfilled their fantasy," he says, "they don't want to go back. If they haven't, they still won't go back to face what they perceive to be the same horrible situation."

In one case from Pankau's files, a Dallas housewife, the mother of four children, fled last year, overwhelmed by her husband's financial troubles and the stress of family life. The investigator found her, living alone on a houseboat, in a California coastal town. "She left a lifestyle with a very demanding calendar," he says, "for a life that was carefree."

Into thin air

In some disappearances, however, there seems to be no reason that a woman would want to vanish voluntarily, and yet there is no evidence of foul play. Take the case of Julie Love, who disappeared on July 11, 1988, at a time when the twenty-seven-year-old Atlanta resident had everything to look forward to: Her boyfriend of three years had finally begun talking with her about marriage, and the preschoolers' aerobics program she had started was thriving. On the day she vanished, Julie talked cheerfully on the phone with her friends and went to a career-counseling meeting in the evening, leaving the gathering about nine-thirty P.M. That was the last time anyone saw her. The next day, her red Mustang, locked and out of gas, was found parked on a street in a neighborhood of $500,000 homes. There were no signs of a struggle. But the area was not along the usual route Julie would have taken on her way home from the meeting.

Her frantic relatives and boyfriend blanketed the city with hundreds of thousands of posters and fliers, and Julie's picture was displayed on twenty outdoor billboards. Meanwhile, the police launched one of the most intensive missing-persons investigations in Atlanta's history. All efforts led to nothing, however, and puzzled detectives theorized that Julie may have been accosted by a passing motorist after she ran out of gas. But if that did happen, and Julie was killed, it is odd that her body has never been found. "The case is really bizarre," says Neta Weston, a special agent of the Georgia Bureau of Investigation. "There was absolutely nothing there at what we'd call the crime scene. No one ever used her credit cards, and it's pretty typical for a perpetrator to leave some kind of paper trail."



The only clue to Julie Love's disappearance: Her locked car, found on a deserted street



After seven years, Kathleen Durst's family has little hope she'll be found

At the same time, Weston says, it is difficult to imagine that Julie would disappear deliberately. "She had plenty of friends and a good relationship with her family."

Julie's father, Jerry Love, has agonized endlessly over what might have happened to his daughter. He recalls one investigator telling him, "Just don't make any assumptions, because you'd drive yourself crazy." Mark Kaplan, Julie's boyfriend, adds, "There's so much we *don't* know." Today, Mark's answering machine still has a hopeful message: "If you have any information about Julie Love, please leave your name and number." But, detectives are forced to admit they are getting nowhere. "She led a pretty normal life," Weston says. "And then one day she's just not there anymore. It's like she stepped out of that car and into a big hole."

A violent death?

Of course, there are many women who do not disappear of their own accord. All too often, women who are believed to be missing persons are actually the victims of violence. They are not classified as murder victims, because no corpse has been found, and therefore police have no proof that a crime has been committed. In one exceptionally horrible incident, a Michigan woman who had been missing for three years was found by her daughter early this year in the family's basement freezer; the woman's husband was charged in her killing. But solutions in such cases are relatively rare; more often, they drag on for years, eventually becoming just another dusty file in a detective's desk.

An example: the disappearance of Kathleen Durst, a bright, attractive medical student who was married to the son of one of New York City's most successful realtors. Kathleen, twenty-eight, vanished on January 31, 1982; her husband, Robert, told police he had last seen her as she boarded a train to return from the couple's country home to their Manhattan apartment. Durst, vice-president of the Durst Organization, a large real-estate company, posted a $100,000 reward for his wife's return. But the police were not optimistic about finding Kathleen alive. "We presume Mrs. Durst met with foul play," says Lt. Robert Davis, of the New York City Police Department. Even today, he says, "there's a scarcity of facts. We don't know if a murder was committed. We constantly monitor information, like bodies that are found, or reports of sightings."

At the time Kathleen disappeared, she had been thinking about ending her nine-year marriage, says the young woman's sister, Mary Hughes. And because Kathleen and Robert were having problems, Davis says, it was not unusual that Durst waited four days to report his wife's disappearance.

"You have to go on the entirety of the *(continued)*

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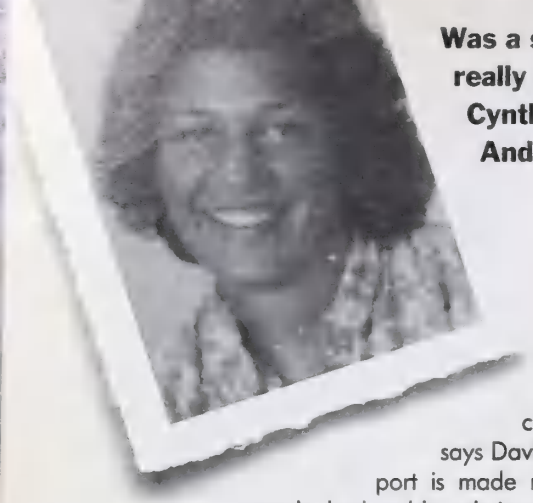
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Was a stranger really stalking Cynthia Jane Anderson?

(continued)

circumstances," says Davis. "Usually a report is made right away if a couple had stable relations. These people were having marital difficulties, and the lapse of a few days may or may not be significant."

But despite investigators' pessimism, Mary Hughes and Kathleen's elderly mother, Ann McCormack, still call the police frequently, praying that some shred of evidence will turn up, and that the seven-year-old mystery will be solved. Like many other relatives of missing women, however, Mary Hughes does not have much hope that her sister will be found. "But I know in my heart that somebody out there knows where Kathie is, what happened to her," Hughes says. "I pray they will come forward."

A morning disappearance

Some women vanish under the most ordinary circumstances imaginable: not on a deserted street or a chilly winter night, but as Cynthia Jane Anderson did—from a well-lighted office, on a sunny summer day. In 1981, the twenty-year-old, who had been raised a devout Christian fundamentalist, was looking forward to attending Bible college with her boyfriend. It was an exciting time for the clean-cut woman, but it seemed unsettling as well: Cindy confided to her mother, Margaret, that she'd had a nightmare about being attacked in the Toledo, Ohio, law office where she worked as a secretary. She told her boyfriend that she had seen "I Love You Cindy. G.W." spray-painted on a wall near her office. And, disturbed by what she said were loiterers outside, Cindy had started locking herself in when she was alone at work.

On the morning of August 4, however, Cindy seemed carefree as she said good-bye to her parents. She drove to work, where she knew she would be alone; her two bosses were away. A passerby who looked in the company's plate-glass window to check the time on the firm's clock remembers seeing her at nine forty-five A.M.

By noon, when James Rabbitt, one of Cindy's bosses, arrived at the office, the mail was still in the locked front door, and the lights and radio were on. But Cindy was gone, and so was her pocketbook; her car was still in the parking lot.

Detectives who came to the office that afternoon found a paperback, *Love Beyond Reason*, near Cindy's desk, opened to a gruesome scene in which a woman is attacked by a man who breaks in on her with a knife. In real life, however, there were no signs of a struggle. Cindy's frantic parents held all-night prayer vigils and sent desperate handwritten letters to dozens of friends, asking for prayers for their "sister in Christ."

Investigators gave lie-detector tests to Cindy's associates and sent bulletins to every coroner in the United States—to no avail. There was not one solid clue to her whereabouts.

Today, eight years after his daughter's disappearance, Anderson resolutely believes that Cindy is alive. "She'd missed breakfast that morning, she could have been light-headed, and maybe she lost consciousness," he says. "She could have hit her head on the floor, had a loss of memory and then awakened and walked off." Such memory lapses do occur, although they are extremely rare.

But Cindy's sister and her two brothers are more pessimistic. They believe their sister was abducted and, most likely, murdered. Police familiar with the case say the same thing. "What hope is there that she's alive?" asks Detective Bill Adams of the Toledo Police Department. "I'd say nil."

One private investigator, however, who asked not to be named, said that the possibility of "a voluntary disappearance" could not be ruled out entirely.

Whatever the reason for Cindy's disappearance, the case no longer gets the kind of publicity it once did. Cindy's boyfriend has married and moved to Indiana. Her mother died in 1983, and her father has remarried. Michael Anderson still continues to pray, however, for his daughter's safe return. "I feel that she's alive and well," he says. "My hope is that she's living a normal life—somewhere."

What can be done?

The police in Toledo responded quickly to the report of Cindy's disappearance, but experts say that is an exception. Often, police will not even take a missing-person report until a certain amount of time has passed; in many jurisdictions, that is at least twenty-four hours, unless there is clear indication of foul play or the missing person is physically or mentally impaired. Law-enforcement agencies are not required to report the disappearance to the FBI. Because of this haphazard policy, many bodies that are found are never identified, and so a good number of cases remain unsolved.

"I'd like to see a nationwide program like the one we have in New Jersey," says Richard Raffino, executive director of the state's Commission on Missing Persons. "When somebody is missing, the report is taken immediately by police, with no waiting period. A bulletin is sent out throughout the state, and the person is entered in the FBI's computer system."

Even the most sophisticated law-enforcement techniques, however, do not guarantee that every missing woman, or most of them, will be found. In all likelihood, the families of Julie Love, Kathleen Durst and Cynthia Jane Anderson will never know what happened to the young women they loved so much. They, and the family of every other missing woman in America, must live with an unrelenting anguish as they ask: Where are they? How can a woman simply vanish without a trace? ■

HAVE YOU SEEN THESE WOMEN?

Here, numbers to call if you think you have seen any of the women in our special report:

Anyone with information about Julie Love should contact the Missing Persons Squad of the Atlanta Police Department, 404-658-6841. There is a $20,000 reward for information leading to her safe return.

Anyone with information about the disappearance of Kathleen Durst should contact the Missing Persons Squad of the New York City Police Department, 212-374-6913.

Anyone with information on Cynthia Jane Anderson should contact the Missing Persons Bureau of the Toledo Police Department, 419-245-3151. There is a $20,000 reward for information leading to Cynthia's proven whereabouts.

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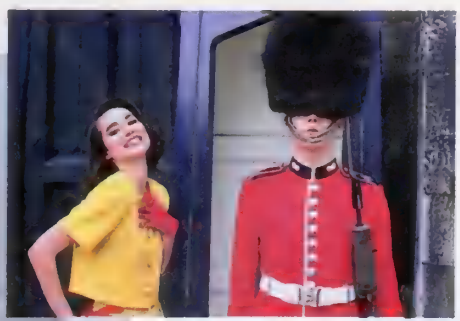

Trendy

When it comes to hot hair trends, London's on the cutting edge, so off went to find the long and short of the styles making headlines this spring



a cut ABOVE





The flip side

It's hardly cricket to tempt a Palace Guard to a second glance, but this style's irresistible: a blunt cut in a side-parted, upturned do, reminiscent of the sixties but sleeker. Spritz lightweight styling spray on towel-dried hair; curl ends up while blow-drying.

An English accent

Big Ben chimes for timely tresses like the classic chin-length blunt cut above. Apply gel to roots of wet hair and comb through for off-the-face lift. Super!

We like: Alberto Volumizing Spritz and Bold Hold Spray Gel.

Photos, Nesti Mendoza; hair, Stephane Lempire; makeup, Rex. Left: model, Lisa Williamson of Select; suit, Alain Manoukian; gloves, LaCrasia. Above: model, Liz Adams of Select; jacket, Alain Manoukian; earrings, Les Bernard.

BY LOIS JOY JOHNSON
BEAUTY AND FASHION EDITOR



Left to right: Model, Sharon Quinn of Synchro; sweater, Fenn, Wright an
Monson; earrings, Mishon Mishon. Model, Heather Moran of Synchro; blous
Planet; necklace and earrings, Les Bernard; bracelet, Arnaud. Model, Rach
Davies of Synchro; cardigan, Lyle and Scott; jewelry, Regency Hall Joalliers Lt



My fair lady

Time for tea and cakes at Brown's, where a blend of glamour and elegance is the order of the day for the Sloane Ranger set. Controlled and well-cared-for waves are a must for these coifs. Definitely upper-class.

London's best-tressed

Sophisticated, luxurious looks like these depend on products to up the shine, keep curls from becoming unruly.

- For fine hair, choose a gentle shampoo and conditioner that won't weigh hair down (concentrate conditioner on ends).
- Revitalize dry, frizzy hair into silky curls with a weekly hot-oil treatment.
- Use extra-body mousse and blow-dry with a diffuser to lock in curl; flip hair forward, mist underside with hair spray, flip back.

Try out: Ultra Fine Mist Styling Spray, VO5 Hot Oil Treatment, New Advanced Hold Mousse, VO5 Shampoo and Conditioner for Permed or Color-Treated Hair; all by Alberto.





Pretty





True Brit

Turning heads from Piccadilly to Hyde Park are chic styles that hold up under the thickest London fog. Above, a veddy British French twist. Coil hair up from nape, tuck in ends, secure. Left: Sculpt this come-hither curve with gel; clip and dry. Below: Ring up the newsiest ponytail in old Londontown—tied low with a big, soft bow.

Look for: Alberto Gelee, VO5 Protein Moisturizer, VO5 Alcohol-Free Gel, and VO5 Balsam and Protein Shampoo and Conditioner.



From top: Model, Rachel Geary of Take Two; jacket, Alain Manoukian; earrings, The Limited; scarf, The Moses Collection. Model, Anja of Look; jacket, Jones New York; earrings and watch, Mishon Mishon; glasses, Colors in Optics; gloves, LaCrasia. Model, Anja of Look; jacket, Malibu Design Group; scarf, Echo.



Crowning glory

A command performance at Her Majesty's Theatre? We guarantee rave reviews with these seductive locks. Enhance natural waves by combing in gel, or create cascades of curls by setting with pins on wet hair. Simply smashing style!

We recommend: Alberto Fixing Gel and VO5 Conditioning Hairdressing.

Model, Stephanie Ansell of Take Two; blouse, Planet.

By Marilyn Diane Glass, Decorating and Design Editor



all photos, Jon Jensen

clutter control

Finally, a place for everything and everything in its place. Here's how we spruced up one family's haphazard home—our ideas will help you tidy up, too!



kitchen cleanup

We found Webb and Mae Robertson's New Rochelle, N.Y., home in disarray. To sort out their storage dilemma, we called in an organization expert: Lynn Peterson of Motif Designs. She systematized the pantry, giving each food type its own niche. Hard-to-reach potatoes and onions find a new home in plastic trays on the bottom shelf, and flour and sugar are now contained in labeled canisters. We maximized the space in the utility closet, right, by installing handy wire pull-out shelves

Hair and makeup, Rosaly. Wallpaper, Motif Designs.

HOW TO LIVE *with a* SLOB

Jessica, a thirty-seven-year-old nurse, has been married to Lee for eight years. He's a pack rat, a man who never throws anything away. Her suburban New Jersey home sometimes reminds her of a flea market, she says. The bedroom closets are stuffed with Lee's old clothes and shoes. A broken fan sits on a pantry shelf next to the banjo Lee once tried learning to play. And although he isn't much of a handyman, he's got the space under the kitchen sink chockablock with tools that once belonged to his father.

At first, says Jessica, she found Lee's hoarding habits amusing. "I'd be cleaning the house and find the weirdest stuff," she recalls. "A shoe whose mate disappeared years ago. The kind of ancient wrench no one's seen in fifty years. There was something lovable and idiosyncratic about it." But she's no longer laughing. Worse, Lee's habits have become a constant source of friction between them. "If I ask him to get rid of anything, he takes it as an attack," she says. "If I throw anything away, he gets outraged. It's driving me crazy." *(continued)*







closet confusion

The key to keeping a closet neat is storing clothes by type. The Robertsons' bedroom closet was redesigned using accessories from Closet King. For Mae's side we lowered a bar to make room for shoe shelves on top and a wire cart for laundry below. Her trousers, skirts and blouses are separated so everything's easy to find. For Webb's side we added a clothing bar just for pants (suit jackets hang on existing poles) and constructed shelves for storing his shoes

Wallpaper, Motif Designs. Armoire, Parc Monceau; carpentry inserts, Cagiati Construction. Belts, Omega; handbags, La Bagagerie; jeweled gold chains, Savvy; purple bracelet, Kim Kraftsman; all other jewelry, Sharent.



A classic case of closet chaos. The solution? Shoe shelves, extra clothing rods and making the most of closet doors



clutter control

add an armoire

The Robertsons have a special problem: *Webb* has too many pairs of shoes—a fact that his young daughter, Cally, top, finds quite funny. Our solution? A roomy armoire outfitted with shelves for shoes, shirts and sweaters, plus drawers for lingerie, hankies and other small items, and a clothing rod



Hardware-store hooks make perfect accessory organizers

(continued) It's hard *not* to be driven crazy when you live with someone who saves all kinds of possessions, even (or especially) those with no apparent value. Not only do you have to contend with bulging drawers and closets, but the habit itself can seem like a deliberate provocation—why else would anyone *want* to hang onto old lawn mowers, ancient hubcaps or ties twenty years out of style?

In fact, the experts say, pack rats are fulfilling a real psychological need. "Some people hold on to their possessions because it gives them a feeling of being smart and thrifty," says Linda Barbanel, a psychotherapist in private practice in New York City. "There's the idea they'll be able to use the object again someday, and then they'll feel clever for not having to buy something new. It's not too different from the impulse most of us have to save paper bags or glass jars we think we might need later on.

"For those whose childhoods were financially or emotionally deprived, the accumulation of possessions provides a sense of security," she adds. "And for other people, saving possessions may simply be a sentimental way of holding onto memories—when you keep all your old clothes, every time you open your closet, you see your whole life flash in front of you."

Such motivations *(continued)*





We *know* how hard it is to keep the master bathroom shipshape, but managing the mess is easier than you think. We built a tile shelf below the shower head and hung a plastic shower caddy on the wall to hold soaps, shampoos and other bath essentials. Also handy, a plastic tub tray to keep bath sponges and brushes within reach while you soak. We created more storage for the sink area with a tile shelf underneath the mirror, a towel rack and roomy shelves under the sink

VANITY FAIR

If you're like most of us, with makeup littering the bathroom counter, here are a few easy ideas for arranging your cosmetics and beauty tools.

Separate day and evening makeup Keep your everyday kit—foundation, loose powder, blush, daytime lipstick, mascara and neutral-hued eyeshadows and pencils—in one container, P.M. brights and iridescents in another. Store cosmetics in baskets or pretty quilted makeup bags.

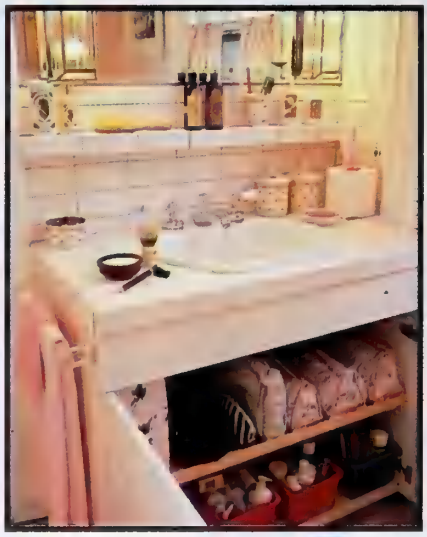
Invest in decorative dishes and jars Porcelain canisters (plastic, if kids share the room) are perfect for stashing cotton balls and swabs and makeup brushes. If sink space is limited, store brushes, skin lotions and any large bottled products in plastic bins under the sink. If you have enough counter space beside your sink, consider purchasing a pretty tray to hold skin-care items.

Wallpaper, shower curtain, café curtain, Motif Designs; toiletries, Caswell-Massey; sponge, bath tray, towel rack, the Elegant John.

clutter control

(continued) explain why persuading a trash collector to throw anything away can be so impossible: What is at issue is not so much the object itself but what it represents. "You have to understand that the things someone saves are objects of attachment," says Susan Price, a New York City psychotherapist and co-author of *No More Lonely Nights: Overcoming the Hidden Fears That Keep You From Getting Married* (St. Martin's, 1989). "If you attack one of their attachments, most people will dig in their heels. This is one battle that can't easily be won."

How, then, does one live with a junk junkie? Harping on the problem doesn't work. "It can get to the point where that's all you talk about," says Price. "The wife will nag about cleaning up the magazines on the floor, the husband will dig his heels in, and they have that same argument over and over, almost structuring their whole relationship around that struggle."



Still, if a saver's belongings can't simply be dumped, the mess they make can be contained. "You can explain to someone how his clutter affects those around him and impinges on their living space," suggests Price. "Giving a person his or her private space—whether it be part of the attic, a separate room or simply a corner of the bedroom—will often work, especially if you make it clear that you're only asking him to keep his things in one place, not to give them up."

Even better, says Price, "you don't attack his collection of objects, you extol the virtues of streamlined life. How wonderful it is to have things in your closet that fit you *(continued)*

OW A SIMPLE MATCH CAN MAKE A ROOM.

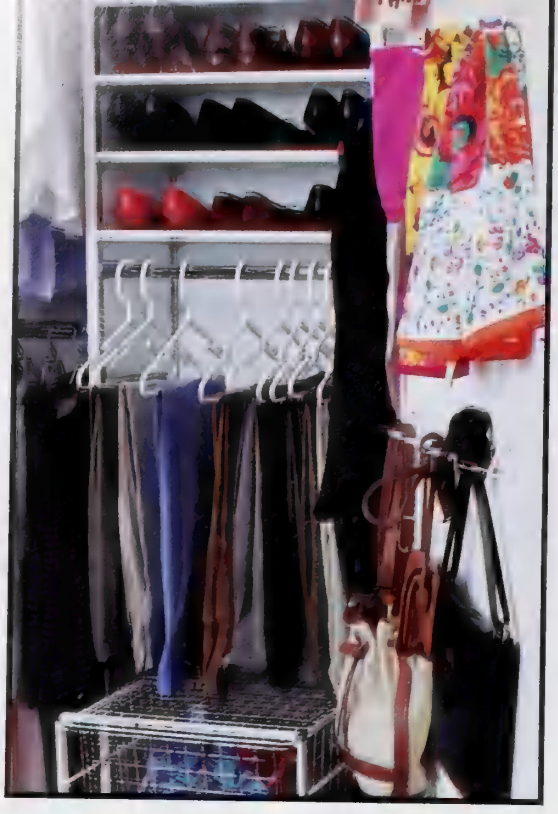


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clutter control



An important closet decluttering clue: Choose one type of hanger. You will not only save space, but you'll have a neater look. If you don't want to install shoe shelves, put shoes in labeled shoe boxes or clear boxes and just stack them on the closet floor

REVAMP YOUR WARDROBE

When you reorganize your closet, take stock of your clothing as well. Part of the reason closets reach a disaster state is they contain too many outdated and ill-fitting fashions that need to be thrown out or donated to charity. Below, tips on what to get rid of, plus more ways to organize and store clothes.

What to toss today Anything you like on the hanger, hate on your body (the too-skinny knit skirt, the silk blouse that gaps at the buttonholes); clothes that are permanently stained or torn beyond repair; ratty weekend clothing that makes you look and feel like a slob; worn-out handbags, shoes and boots; all skirts and pants that have been too small to wear for the last two years; outdated basics (your very first dress-for-success suit); stretched-out lingerie.

Get organized Store out-of-season clothes in storage boxes or suitcases under your bed or in a lined wicker trunk . . . Closet-door hooks are not only great for accessories: Hang up mini shopping bags to hold lingerie, pantyhose and socks . . . Don't hang two garments on top of each other—they'll both be out of shape . . . Clean everything before storing—you may not be able to remove perspiration, body oils and odor next season.

More ways to store Keep leather and suede items in cotton or canvas bags—never plastic dry-cleaning bags. Old sheets or pillowcases with a hole cut at the top for the hanger work well, too . . . Fold knits and sweaters and place on a shelf—hanging them up will stretch them out . . . Keep large handbags on shelves, small ones on hooks. Stuff them with white tissue paper to hold their shape.



Charming touches: floral storage boxes and sachets tucked inside closets and drawers

(continued) and that you can find immediately! How great it is to be organized!"

Just as important, adds Linda Barbanel, once you understand why someone feels the need to hang onto his possessions, you can try to help him fulfill those needs in other ways. "If the point is to save money, you can point out that there's a tax deduction for giving things to charity," she says. "If holding on is the legacy of a deprived childhood, you can remind him that he really can afford to buy new things if he needs them—and that he can find a sense of security in knowing that. And you can tell someone that throwing away some sentimental objects doesn't mean losing the memory they represent. If you throw away the bomber jacket you wore as a teenager, you'll still remember those years."

Time and circumstance do sometimes prompt pack rats to change: "Having a child made me start looking more to the future than the past. And I realized that you can't move ahead if you're up to your ears in old stuff," says Margie Goggans, thirty-five, a Dallas homemaker. For years, Margie hoarded anything that had belonged to her mother and grandmother.

But for those whose mates aren't ready to change their ways, understanding the deep needs that prompt people to hoard can make that shelf of old car parts easier to bear. And by making compromises over space and turf, both a grand acquisitor and his less-is-more partner can find a way to live together—one that allows them to keep the old without being overwhelmed by it. —CAROL LYNN MITHERS



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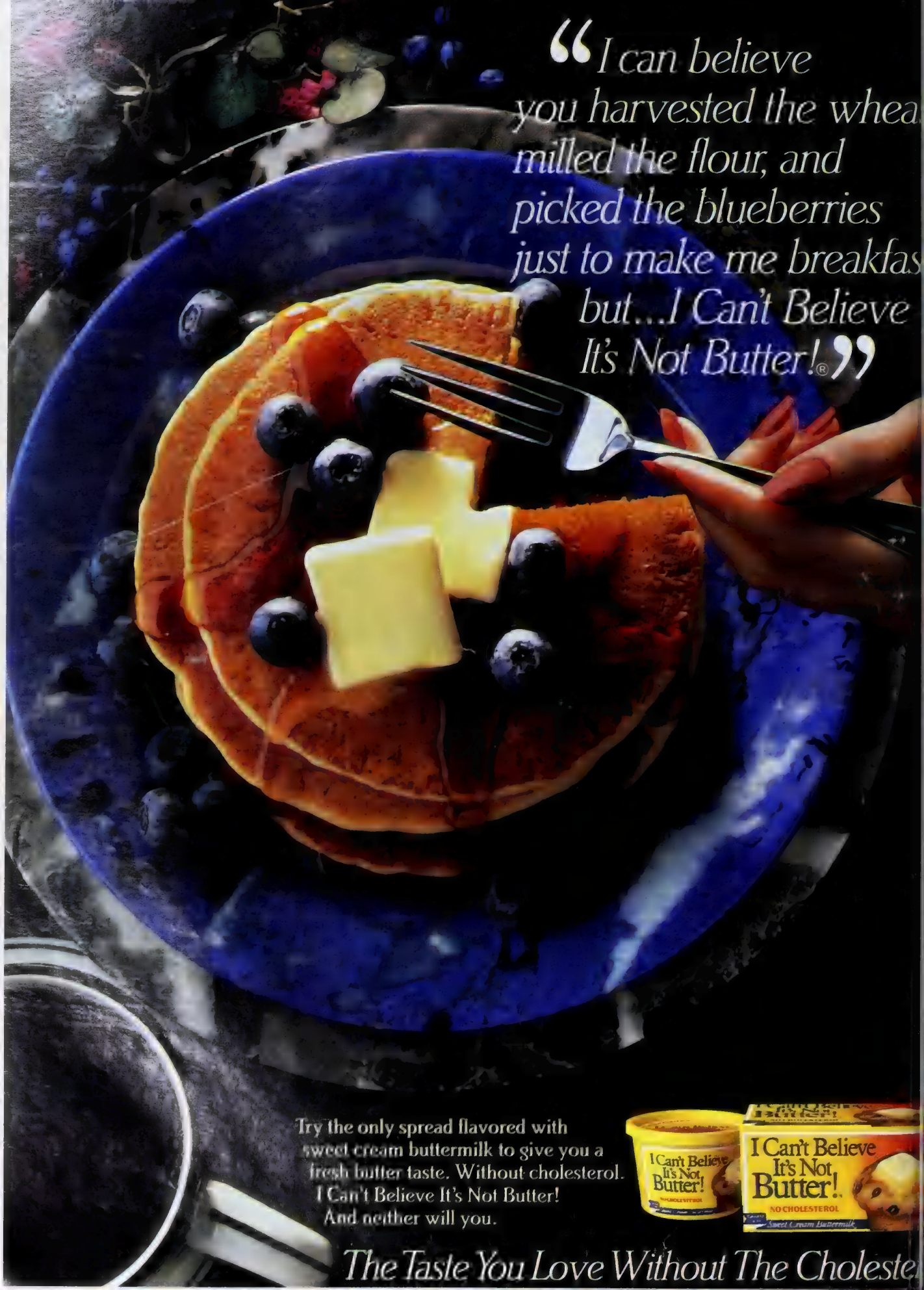
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Spring is in the air! April brings longer, warmer days, the return of fresh fruits and veggies, and our savory assortment of entrées and desserts



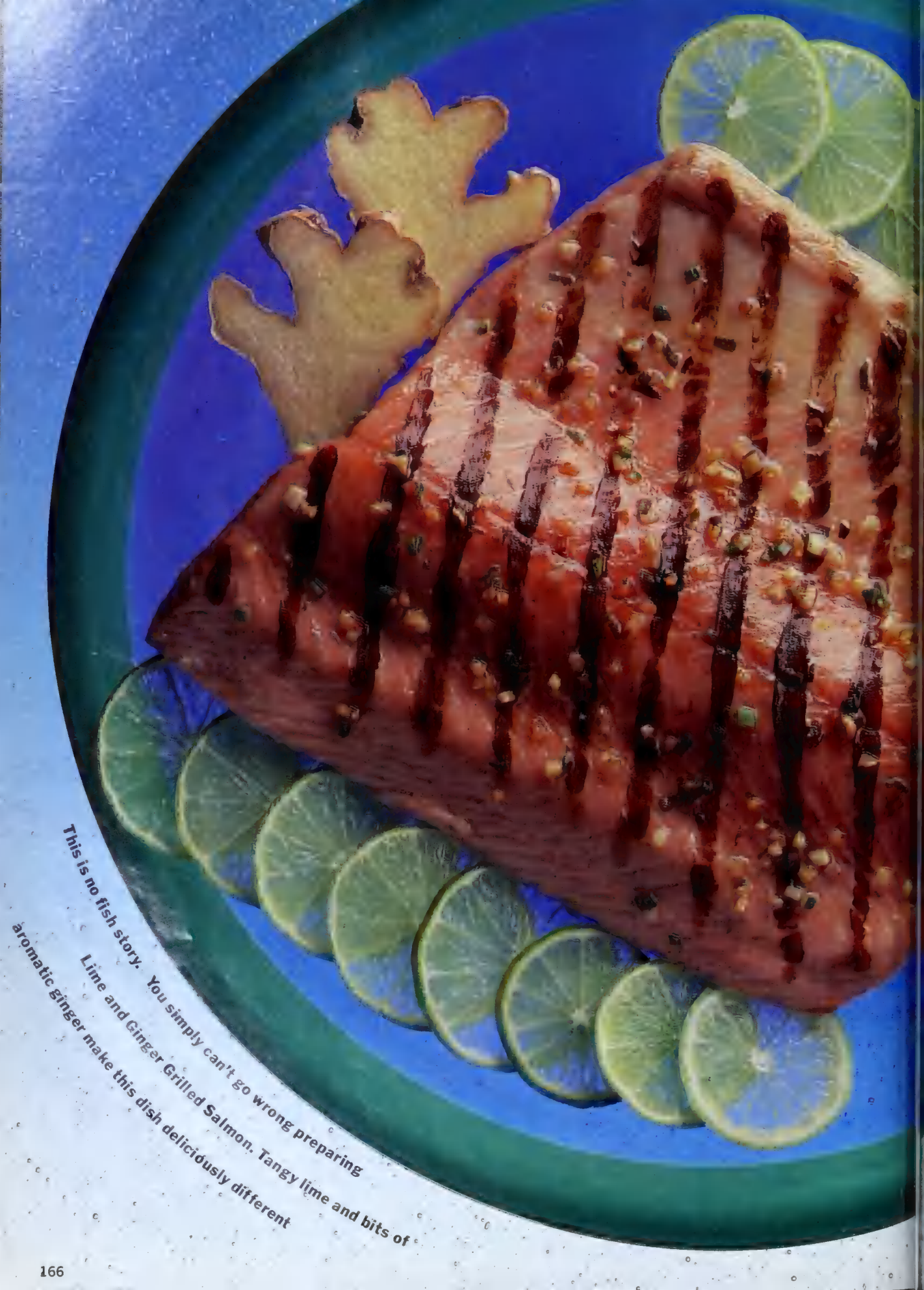
LADIES' HOME JOURNAL TRIPLE-TESTED RECIPES

Food Journal



The last traces of winter melt away, and your thoughts are set on the promise of sunshine (at last!) and a soon-to-bloom garden. What to do when April showers dampen your spirits? Just **say cheesecake!** and dig into one of our creamy confections . . . You know fish is a smart dinner choice—quick to fix and good for you—but do you know how to make it taste great? Our **prize catch** recipes reveal all the secrets of seafood cookery . . . Speaking of healthy foods, you've heard about the benefits of oat bran. The *Journal*'s **oat bran cookbook** makes it delicious to add more of this important fiber to your diet . . . And to make April extra special, try Hollywood fare from **restaurants of the stars,** including Burt Reynolds's favorite dish (besides Loni, of course)—Banana Wellington with Raspberry Sauce. Luscious! . . . Enjoy a month of good food and good fun!



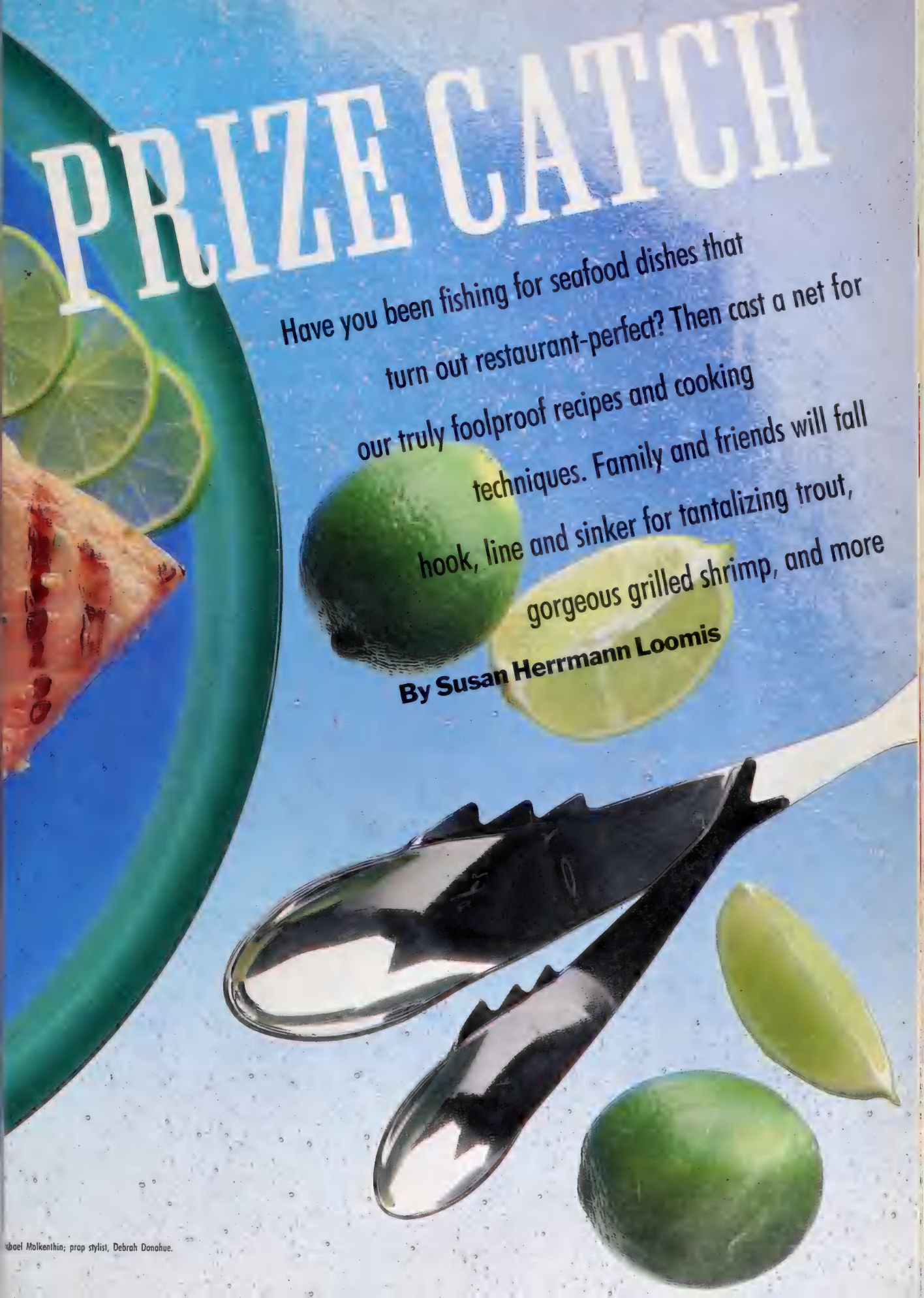


This is no fish story. You simply can't go wrong preparing Lime and Ginger Grilled Salmon. Tangy lime and bits of aromatic ginger make this dish deliciously different

PRIZE CATCH

Have you been fishing for seafood dishes that turn out restaurant-perfect? Then cast a net for our truly foolproof recipes and cooking techniques. Family and friends will fall hook, line and sinker for tantalizing trout, gorgeous grilled shrimp, and more

By Susan Herrmann Loomis



Mabel Malkenthin; prop stylist, Debrah Donahue.

PRIZE CATCH
continued

Easy ◒ Moderate ● Challenging Ⓜ Microwave



GRILLED MARINATED BLUEFISH

Oily fish are great when barbecued.

Prep time: 40 minutes plus marinating
Cooking time: 8 to 10 minutes ○

Marinade
- 5 tablespoons extra-virgin olive oil
- 2 tablespoons white wine vinegar
- 4 garlic cloves, minced
- ¼ cup chopped fresh oregano or 2 teaspoons dried
- ½ teaspoon salt
- ¼ teaspoon dried red pepper flakes

- 1½ pounds bluefish fillet, cut into 4 serving pieces, or 4 tuna steaks (6 oz. each)
- 2 pounds kale, ribs and stems removed, sliced thin, or 2 packages (10 oz. each) frozen kale, thawed and squeezed dry
- Salt
- 2 tablespoons extra-virgin olive oil
- 1 medium red onion, coarsely chopped
- ¼ cup water
- ½ teaspoon sugar
- ¼ teaspoon freshly ground pepper

Marinade: Mix all ingredients.

Pour marinade over fish in shallow dish and turn pieces to coat. Let stand 1 hour.

Prepare grill or preheat broiler.

If using fresh kale, bring large pot of water to boil. Salt water and add kale; cook until slightly softened and bright green. Drain and rinse under cold water. Gently squeeze dry.

Heat oil in large nonaluminum skillet over medium heat. Add onion and cook until translucent, about 3 minutes. Stir in kale, water, sugar, salt to taste and the pepper; cook, stirring frequently, until kale is softened, 5 to 8 minutes.

Drain fish and pour marinade into kale. Cook over low heat, stirring occasionally, until soft. Keep warm.

Grill or broil fish 5 to 6 inches from heat just until opaque at center, 4 to 5 minutes per side for bluefish, about 3 minutes per side for medium-rare tuna. Serve on bed of kale on platter. Makes 4 servings.

Nutrition info per serving: 510 calories, 39 gm protein, 33 gm fat, 18 gm carbohydrates, 436 mg sodium, 100 mg cholesterol.

LHJ's fish in a flash

Cooking fish is one of the things the microwave does best. It's easy, tasty and moist—plus cleanup's a snap. Here's a basic technique for cooking one pound of fillets to perfection. The method adapts to almost any type of fish.

Choose ½-inch-thick fillets of white fish, such as flounder, sole, haddock, scrod, sea trout or bluefish. Arrange fillets in a single layer in a 13 × 9-inch microwaveproof dish. Brush with 1 tablespoon melted butter or margarine or 1 tablespoon fresh lemon juice. Cover loosely with wax paper. Microwave on High 2 minutes. Turn the dish halfway around; microwave just until fish is opaque in the center, 2 to 3 minutes more. Let stand covered 2 minutes. Season with salt and freshly ground pepper.



GRILLED SHRIMP WITH GREEN SALAD

Say good-bye to bland shrimp salad. Oriental ingredients add great flavor.

Prep time: 40 minutes plus marinating
Cooking time: 5 minutes ○

- ⅓ cup vegetable oil
- 2 tablespoons fresh lime juice
- 4 garlic cloves, coarsely chopped
- 1 teaspoon Indonesian or Oriental chili paste*
- 1 teaspoon grated orange peel
- ½ teaspoon grated lime peel
- ½ teaspoon salt
- 1 pound medium shrimp, shelled and deveined
- 10 cups torn mixed salad greens
- 1 orange, peeled and sectioned

Prepare grill or preheat broiler. Mix oil, lime juice, garlic, chili paste, orange and lime peels and salt in large bowl. Thread shrimp on 4 skewers and brush with some marinade. Grill or broil, turning frequently, just until opaque at center, about 5 minutes. Remove shrimp from skewers and stir into remaining marinade. Let stand 45 to 60 minutes.

Drain shrimp. Add marinade to greens in mixing bowl and toss to coat. Transfer greens to platter and arrange shrimp and orange sections on top. Makes 4 servings.

**Note:* Indonesian or Oriental chili paste is available in the specialty section of some supermarkets and at Oriental grocery stores.

Nutrition info per serving: 300 calories, 21 gm protein, 20 gm fat, 11 gm carbohydrates, 441 mg sodium, 140 mg cholesterol.

No-fail cooking tips

Cues from the chefs of New York's top restaurants: ■ Chef Dirk Zephir of Docks—w GRILLING OR FRYING **fish, use olive o corn oil. These are low in monounsaturated and high in flavor. ■ Chef Steve Mellina of Manhattan Ocean Club—**POACHING **requ slow, low-heat cooking. Heat liquid to a simm add fish and place in a preheated 275°F. o ■ Chef Stanley Kramer of the Oyster Bar-**STEAM **fish without a steamer, place a foo wire rack in a roasting pan. Cover the bot with one inch of broth. Place fish on the r heat to a simmer, cover and steam. ■ Melissa Lord of John Clancy's—**SAUTÉEING **a fail-safe method for cooking sole, scall shrimp. You can watch what you're doing, so don't overcook.**



CURRIED SCALLOPS

Be sure to rem the tough conn tive tissue be cooking.

Prep time: 35 minutes
Cooking time: 15 minutes

- 9 tablespoons butter, divided
- 3 small leeks (about 1 lb.), trimmed, rinsed cut into 3-inch pieces and julienned
- Salt and freshly ground pepper
- 3 tablespoons bottled clam juice
- 1 teaspoon fresh lemon juice
- ½ to 1 teaspoon curry powder
- Pinch ground red pepper
- 8 ounces large sea scallops

Melt 3 tablespoons butter in large sk let over medium heat. Add leeks a cook until tender-crisp, about 8 m utes. Remove to plate and season w salt and pepper. Keep warm.

Heat clam juice and lemon juice heavy medium saucepan over mediu high heat. Whisk in curry powder a red pepper. Cut remaining 6 tab spoons butter into small pieces. Wh in butter one piece at a time (be ca ful not to boil), so butter will thick the sauce. Keep warm uncovered ov gently simmering water.

Heat same large skillet over me um heat. Add scallops and cook, tu ing once, until almost opaque at c ter, about 6 minutes.

To serve, spoon leeks onto dinn plates and top with scallops. Driz sauce around leeks. Makes 2 servin

Nutrition info per serving: 620 calories, 21 protein, 53 gm fat, 18 gm carbohydrates, 778 sodium, 177 mg cholesterol. *(continue*

HOW CHEDDAR CHEESE GIVES LAIN VEGETABLES A TASTE YOU'LL FANCY.

This bunch of broccoli was utterly uninspired, until a simple cheddar sauce melted your heart. How could something so easy make such a difference? Try this simple recipe and see!

MICROWAVE CHEDDAR SAUCE RECIPE

Heat 1 c. milk 2 minutes on medium high. Set aside. Melt 2 Tbs. butter 1 minute on high. Stir in 2 Tbs. flour, heat 1 minute more on high. Briskly stir in warm milk. Blend well. Cook on high 2½ minutes, or until boiling. Stir in 1 c. grated cheddar cheese. Blend well.



CHEESE MAKES ALL THE DIFFERENCE

erica's Dairy Farmers
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c. National Dairy Board, 1988

PRIZE CATCH
continued



TROUT WITH HAZELNUTS AND BUTTER

Trout, available everywhere, don't taste everyday when they're gussied up with hazelnuts.

Prep time: 20 minutes
Cooking time: 8 to 12 minutes

- ½ cup whole hazelnuts
- 4 small rainbow trout (6 oz. each) with head and tail, cleaned
- Salt and freshly ground pepper
- 6 tablespoons butter or margarine
- ¼ cup all-purpose flour
- 2 tablespoons fresh lemon juice
- 2 tablespoons minced fresh chives

Preheat oven to 350°F. Toast hazelnuts in baking pan until golden and skins split, 12 to 15 minutes. Wrap in kitchen towel and let stand 5 minutes. Rub nuts in towel to remove as much skin as possible, then chop nuts.

Rinse and pat trout dry. Season cavities lightly with salt and pepper. Heat 3 tablespoons butter in large skillet over medium-high heat.

Mix flour, ¼ teaspoon salt and generous grind of pepper in shallow dish. Coat trout with flour and slide into hot butter. Fry until light golden on each side and just opaque at center, 4 to 6 minutes per side.

Meanwhile, heat remaining 3 tablespoons butter in small saucepan over medium heat. Stir in lemon juice and nuts, then stir in chives. Spoon over trout and serve hot. Makes 4 servings.

Nutrition info per serving: 360 calories, 15 gm protein, 30 gm fat, 9 gm carbohydrates, 192 mg sodium, 80 mg cholesterol.



COD WITH SPRING VEGETABLES

Cooking fish in parchment ensures that the essence, flavor and texture remain intact. Foil can be substituted.

Prep time: 45 minutes
Cooking time: 15 minutes

- Salt
- 8 baby carrots, peeled
- 8 small radishes, quartered lengthwise
- 8 thin spears asparagus, cut into 1-inch len
- 4 cod fillets or halibut steaks (6 to 8 oz. ea
- Freshly ground pepper
- 2 tablespoons chopped fresh tarragon
- 1 medium cucumber, peeled, seeded, cut in 2-inch pieces and julienned
- 4 tablespoons minced shallots
- 4 tablespoons extra-virgin olive oil

Preheat oven to 450°F. Bring large of water to boil. Fill large bowl ice water. Salt boiling water, add rots and boil until tender-crisp, al 4 minutes. Transfer carrots with s ted spoon to ice water. Add radis and remove when water returns boil; cool in ice water. Repeat with paragus. Drain vegetables and pat

Cut four 16x12-inch pieces pa ment paper. Place cod fillet on sl end of each piece about 2 inches f bottom. Sprinkle lightly with salt pepper, then tarragon. Top w blanched vegetables and cucumb Sprinkle each with 1 tablespoon sl lot and 1 tablespoon olive oil. Sprir again with salt and pepper.

Brush edges of parchment with ter. Fold half of paper over fish. F edges over in narrow fold, then edge again and crimp.

Bake packages on cookie sheet u puffed and browned, about 15 minu Serve at once. Makes 4 servings.

Nutrition info per serving: 330 calories, 38 protein, 16 gm fat, 11 gm carbohydrates, 135 sodium, 85 mg cholesterol.



MONKFISH GRATIN

Monkfish is cal "poor man's l ster"—it has taste and texti without the pense.

Prep time: 35 minutes
Cooking time: 10 minutes

- ⅓ cup butter or margarine, melted
- ¾ cup fresh bread crumbs
- 3 garlic cloves, chopped fine
- ⅓ cup minced fresh parsley
- 1 tablespoon fresh lemon juice
- Salt and freshly ground pepper
- 1½ pounds monkfish, membrane removed, c diagonally into ½-inch-thick medallion
- Salmon eggs, for garnish
- Lemon wedges for serving

Preheat oven to 400°F. Brush four 5- 6-inch gratin dishes or scallop she generously with melted butter. Spr kle half the bread crumbs in dishes.

Combine remaining butter and t garlic, parsley, lemon juice, and s and pepper to taste in bowl. A fish; toss to coat. Divide fish *(continu*



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Talk about busy! Most of today's cooks have too little time to prepare homemade meals. But with this booklet, even the busiest cooks will discover how easy meal preparation can be. In addition to 30 short-cut recipes, this booklet contains dozens of timely tips that take advantage of convenient Kraft foods. Developed in the Kraft Kitchens (and approved in the Better Homes and Gardens® Test Kitchen), every recipe is guaranteed reliable and guaranteed delicious. From our kitchen to your kitchen, the recipes are conveniently yours, from Kraft, the creators of good food and good food ideas.

This seal assures you that every recipe in *Conveniently Yours!* has been tested in the Better Homes and Gardens® Test Kitchen. This means that each recipe is practical and reliable, and meets high standards of taste appeal.

Pictured on the cover: American Fruit Tart (page 10)
Pictured above: Sausalito Salad (page 4)
Photographs: John Polich
Recipe development: The Kraft Kitchens
Food styling: Lois Hlavac
Kraft Kitchens Project Manager: Wendy Spinelli

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Irresistibly Easy Appetizers



ASINO Brand
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QUESADILLAS

- **3 6-inch flour tortillas**
- **Oil**
- **1 cup (4 ozs.) shredded CASINO Brand Natural Monterey Jack Cheese with Jalapeno Peppers**
- **½ cup (2 ozs.) shredded 100% Natural KRAFT Sharp Cheddar Cheese**
- **½ cup finely chopped tomato**
- **Cilantro leaves**

Fry each tortilla in ¼-inch of hot oil until crisp and golden, turning once; drain. Place tortillas on paper towels. Sprinkle with combined cheeses; top with tomatoes. Microwave on High 1 to 1½ minutes or until cheese is melted. Cut each tortilla into quarters; top with cilantro. Serve warm.

1 dozen/Prep time: 10 minutes/Microwave time: 2 minutes

Conventional: Prepare tortillas as directed. Place on cookie sheet; continue as directed except for microwaving. Bake at 350°, 10 minutes or until cheese is melted. Continue as directed.

FRENCH-STYLE HERBED CHEESE

- **1 8-oz. pkg. PHILADELPHIA BRAND Cream Cheese, softened**
- **2 tablespoons milk**
- **¼ teaspoon dried oregano leaves, crushed**
- **⅛ teaspoon garlic powder**
- **⅛ teaspoon onion powder**
- **⅛ teaspoon pepper**

Combine all ingredients; mix until well blended. Chill. Serve with crusty French bread or crackers.

1 cup/Prep time: 5 minutes plus chilling

Variation: Substitute 1 teaspoon grated onion for onion powder and ½ garlic clove, minced, for garlic powder.

Microwave Tip: To soften cream cheese, remove foil wrapper; microwave on High 30 seconds.

CONFETTI APPETIZERS

- **1 cup (4 ozs.) shredded CASINO Brand Natural Monterey Jack Cheese**
- **¼ cup MIRACLE WHIP Salad Dressing or KRAFT Real Mayonnaise**
- **2 tablespoons chopped carrot**
- **1 tablespoon chopped green onion**
- **1 tablespoon chopped red pepper**
- **6 LENDER'S pre-sliced frozen plain Bagelettes mini-bagels, toasted**

Combine all ingredients except mini-bagels; mix well. Spread on mini-bagels; broil until cheese is melted.

12 servings/Prep time: 15 minutes/Cooking time: 2 minutes

Variation: Substitute 24 party bread slices, toasted, for mini-bagels.

CREAMY HORSERADISH DIP

- **½ lb. VELVEETA Pasteurized Process Cheese Spread, cubed**
- **⅓ cup SAUCEWORKS Horseradish Sauce**
- **¼ cup milk**

Microwave process cheese spread, sauce and milk in 1-quart bowl on High 4 to 5 minutes or until process cheese spread is melted, stirring every 2 minutes. Serve with hot cooked chicken nuggets.

1⅓ cups/Prep time: 5 minutes/Microwave time: 5 minutes

Conventional: Combine process cheese spread, sauce and milk in saucepan; stir over low heat until process cheese spread is melted. Serve as directed.

QUESADILLAS



Deliciously Simple Salads



MIRACLE WHIP Salad Dressing

Make a change for the better with MIRACLE WHIP Salad Dressing. It has 36 percent less fat and 30 percent fewer calories than mayonnaise.

For an easy, cheesy pasta salad, prepare a 7¼-oz. box of KRAFT Macaroni and Cheese. Stir in ¼ cup of MIRACLE WHIP Salad Dressing and 2 tablespoons chopped onion. Chill.



100% Natural KRAFT Cheese

Because you give 100 percent.

Sprinkle KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese on frozen or deli pizza for added richness and flavor.

WILD RICE AND PEPPER SALAD

- 1 6-oz. pkg. long grain & wild rice
- ½ cup MIRACLE WHIP Salad Dressing or KRAFT Real Mayonnaise
- 2 tablespoons olive oil
- ½ teaspoon black pepper
- ¼ teaspoon grated lemon peel
- 1 cup chopped red pepper
- 1 cup chopped yellow pepper
- ¼ cup 1-inch green onion pieces

Prepare rice as directed on package. Cool. Combine salad dressing, oil, black pepper and peel; mix well. Add rice, peppers and onions; mix lightly. Serve at room temperature or chilled.
6 servings/Prep time: 30 minutes

PIZZA LOVERS' SALAD

- ½ cup MIRACLE WHIP Salad Dressing or KRAFT Real Mayonnaise
- ½ teaspoon Italian seasoning
- 1 qt. torn romaine
- 1 tomato, chopped
- ½ cup chopped red or green pepper
- ½ cup red onion rings
- ½ cup (2 ozs.) 100% Natural KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese
- ½ cup julienne-cut salami
- ½ cup seasoned croutons

Combine salad dressing and seasoning in large bowl; mix well. Add all remaining ingredients except croutons; mix lightly. Serve on salad plates; top with croutons.
6 servings/Prep time: 20 minutes

LAYERED SEAFOOD SALAD

- 1 qt. shredded lettuce
- 2 cups pea pods, cut in 1-inch pieces
- 1½ cups chopped red pepper
- 2 cups chopped cucumber
- 8 ozs. imitation crab meat, chopped
- 1 cup MIRACLE WHIP Salad Dressing or KRAFT Real Mayonnaise
- 1 tablespoon sugar
- 1 teaspoon dill weed

In 2½-quart serving bowl, layer lettuce, pea pods, peppers, cucumber and crab meat. Combine remaining ingredients; mix well. Spread over top of salad to seal. Cover; chill several hours or overnight.
4 to 6 servings/Prep time: 20 minutes plus chilling
Variations: Substitute 1 tablespoon chopped fresh dill for dill weed.

Substitute 6-oz. pkg. frozen pea pods, thawed, drained, for pea pods.

SAUSALITO SALAD

- Bibb lettuce
- Spinach leaves
- Avocado slices
- Orange sections
- Red onion rings
- Coarsely chopped walnuts
- RANCHER'S CHOICE Creamy Dressing

Arrange greens, avocado, oranges and onions on salad plate. Sprinkle with nuts. Serve with dressing.
Prep time: 15 minutes
Variation: Substitute J.L. KRAFT "RANCHER'S CHOICE" Dressing for creamy dressing.



WILD RICE AND PEPPER SALAD

ADVERTISEMENT

Make-It-Easy Main Dishes

LIBERTY BELL STEAK SANDWICHES

- 1 large onion, sliced
- 2 tablespoons PARKAY Margarine
- 1 lb. thin roast beef slices
- 1 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread
- 6 6-inch French bread rolls, partially split

Microwave onions and margarine in 1-quart bowl on High 1 minute; add meat. Microwave 2 minutes, stirring after 1 minute. Microwave process cheese spread as directed on label. Fill rolls with meat and onions; place on paper towels. Microwave 30 seconds. Top with process cheese spread.

6 sandwiches/Prep time: 5 minutes/Microwave time: 5 minutes

Conventional: Sauté onions in margarine; remove onions from skillet. Add meat to skillet; heat thoroughly. Heat process cheese spread in saucepan over low heat. Fill rolls with meat and onions; top with process cheese spread.

THREE-PEPPER FRITTATA

- 1 tablespoon PARKAY Margarine
- 8 eggs
- ¼ cup milk
- ¼ cup MIRACLE WHIP Salad Dressing or KRAFT Real Mayonnaise
- ½ cup chopped seeded tomato
- ⅓ cup green onion slices
- 2 tablespoons KRAFT 100% Grated Parmesan Cheese
- ¼ teaspoon dried basil leaves, crushed
- 1 cup (4 ozs.) shredded 100% Natural KRAFT Colby Cheese

• • •

- 1 cup red, green and yellow pepper strips
- 1 tablespoon PARKAY Margarine

Melt margarine in 10-inch ovenproof skillet or omelet pan over low heat. Combine eggs, milk and salad dressing; mix at medium speed on electric mixer, 1 minute. Add tomatoes, onions, parmesan cheese and basil. Pour mixture into skillet. Bake at 350°, 20 minutes or until set. Top with colby cheese; continue baking until cheese is melted.

Sauté peppers in margarine until tender. Top frittata with peppers. Cut into wedges to serve.

6 servings/Prep time: 10 minutes/Baking time: 22 minutes

Variation: Add 4 crisply cooked bacon slices, crumbled, with tomatoes.

GOLDEN PRIMAVERA

- 1½ cups 1-inch broccoli pieces
- 1 cup quartered zucchini slices
- 2 tablespoons PARKAY Margarine
- 1 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread
- 7 ozs. spaghetti, cooked, drained
- 1½ cups ham strips
- ¼ teaspoon dried oregano leaves
- ⅛ teaspoon pepper

Combine vegetables and margarine in 1-quart casserole. Microwave on High 2 to 2½ minutes or until vegetables are crisp-tender. Microwave process cheese spread as directed on label. Combine with vegetable mixture and remaining ingredients; mix lightly.

4 to 6 servings/Prep time: 10 minutes/Microwave time: 5 minutes

Conventional: In large skillet, stir-fry broccoli and zucchini in margarine until crisp-tender. Add remaining ingredients; heat thoroughly, stirring occasionally.

Variation: Reduce margarine to 1 tablespoon. Stir-fry only zucchini in margarine. Substitute 10-oz. pkg. frozen broccoli spears for fresh broccoli. Prepare broccoli as directed on package; drain. Cut into 1-inch pieces. Add broccoli with ham.

LIBERTY BELL STEAK SANDWICH



Make-It-Easy Main Dishes



KRAFT 100% Grated Parmesan Cheese

The secret to thicker spaghetti sauce.

And the key to fuller cheese flavor. Check the Kraft label for sauce instructions.



VELVEETA Slices Pasteurized Process Cheese Spread

The slice for melting. A convenient cut off the VELVEETA block.

VELVEETA Slices were made to melt on hamburgers. Use the slices to create cheese dogs, too. Wrap a VELVEETA Slice around a warm hot dog and place in a bun. Microwave for 20 seconds or until process cheese spread melts.

MOSTACCIOLI AND SAUSAGE BAKE

- 1 lb. Italian sausage, cut in ¼-inch diagonal slices
- 1 15-oz. jar spaghetti sauce
- 6 ozs. mostaccioli noodles, cooked, drained
- ⅓ cup (1½ ozs.) KRAFT 100% Grated Parmesan Cheese
- 1 4-oz. pkg. 100% Natural KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese

Brown sausage; drain. Add sauce, noodles and parmesan cheese; mix well. Microwave on High 7 to 8 minutes or until thoroughly heated, stirring after 4 minutes. Top with mozzarella cheese. Microwave 2 minutes or until cheese is melted.
4 servings/Prep time: 15 minutes/Microwave time: 10 minutes
Conventional: Prepare as directed, except top with mozzarella cheese before baking. Bake at 350°, 25 minutes or until thoroughly heated.

SAUSAGE BREAKFAST BISCUITS

- 1 12-oz. can BIG COUNTRY® Refrigerated Buttermilk Biscuits
- 10 brown 'n serve sausage patties
- 5 VELVEETA Slices Pasteurized Process Cheese Spread, quartered

Prepare biscuits and sausage patties as directed on packages; cut biscuits in half. For each sandwich, top a biscuit half with one process cheese spread quarter, patty, second process cheese spread quarter and second biscuit half. Bake at 400°, 2 to 3 minutes or until process cheese spread is melted.
5 servings/Prep time: 5 minutes/Baking time: 17 minutes

BAKED PARMESAN CHICKEN

- 1 3-lb. broiler-fryer, cut up
- 1 egg, beaten
- ¼ cup milk
- ½ cup corn flake crumbs
- ½ cup (2 ozs.) KRAFT 100% Grated Parmesan Cheese
- 1 teaspoon dried basil leaves, crushed (optional)

Dip chicken in combined egg and milk; coat with combined crumbs, cheese and basil. Place in 13 x 9-inch baking dish with meatiest portions to outside of dish. Microwave on High 18 to 22 minutes or until tender, turning dish after 10 minutes.
4 servings/Prep time: 10 minutes/Microwave time: 22 minutes
Conventional: Prepare chicken as directed. Bake at 350°, 1 hour or until chicken is tender.

GARDEN PITA POCKETS

- ½ cup plain yogurt
- ½ cup shredded zucchini
- ¼ teaspoon dill weed
- 8 boiled ham slices
- 2 pita bread rounds, cut in half
- Tomato slices
- 4 VELVEETA Slices Pasteurized Process Cheese Spread, cut in half

Combine yogurt, zucchini and dill weed; mix well. Spread inside of each bread half with two tablespoons yogurt mixture. Roll up ham. Fill bread with ham rolls, tomatoes and process cheese spread. Top with remaining yogurt mixture.
4 sandwiches/Prep time: 10 minutes



MOSTACCIOLI AND SAUSAGE BAKE

ADVERTISEMENT

Make-It-Easy Main Dishes



ELVEETA
steurized Process
eese Spread
re's no single cheese
VELVEETA.

proof, stir cubed
VEETA Process Cheese
ead into hot mashed
atoes and watch it melt.
add it to hot scrambled
s just before they set.



AFT Sandwich
read
cial sandwiches,
cially for you.

flavorful KRAFT
dwich Spread as a dip for
Or perk up deli potato
d by stirring in KRAFT
dwich Spread.

FRENCH BREAD PIZZA

- ½ lb. Italian sausage
- 1 8-oz. can pizza sauce
- 1 cup zucchini slices, quartered
- ⅓ cup pitted ripe olive slices
- 1 teaspoon Italian seasoning
- 1 14-inch French bread loaf, cut in half lengthwise
- ½ lb. VELVEETA Pasteurized Process Cheese Spread, sliced, cut in half diagonally

Remove sausage from casing. Brown sausage; drain. Combine all ingredients except bread and process cheese spread. Place bread on ungreased cookie sheet; cover both bread halves with sausage mixture. Bake at 350°, 25 to 30 minutes or until thoroughly heated. Top with process cheese spread; continue baking until process cheese spread begins to melt.

6 servings/Prep time: 15 minutes/Baking time: 35 minutes

TORTILLA CHICKEN CASSEROLE

- 3 cups chopped cooked chicken
- 1½ cups 100% Natural KRAFT Shredded Sharp Cheddar Cheese
- 1 4-oz. can chopped green chilies, drained
- ½ cup KRAFT Sandwich Spread
- 1 tablespoon finely chopped onion
- ½ teaspoon cumin
- 1 medium tomato, sliced
- 1½ cups tortilla chips

Combine chicken, 1 cup cheese, chilies, sandwich spread, onions and cumin; mix lightly. Spoon into 1½-quart casserole. Microwave on High 6 to 8 minutes or until thoroughly heated, stirring after 4 minutes. Top with tomatoes and remaining cheese. Stand chips up at edge of casserole; continue microwaving 2 to 3 minutes or until cheese is melted.

4 to 6 servings/Prep time: 10 minutes/Microwave time: 11 minutes

Conventional: Prepare casserole as directed. Bake at 350°, 25 minutes. Top with tomatoes and remaining cheese. Stand chips up at edge of casserole; continue baking 10 minutes.

STIR-FRIED FAJITAS

- 2 whole chicken breasts, split, boned, skinned
- 1 8-oz. bottle KRAFT "Zesty" Italian Dressing

• • •

- 1 green pepper, cut into strips
- 1 medium onion, sliced
- 1 tomato, cut into thin wedges
- 8 6-inch flour tortillas, heated

Cut chicken into ¼-inch slices; combine with dressing. Cover; marinate in refrigerator several hours or overnight.

Drain chicken, reserving dressing. Microwave chicken in 2-quart casserole on High 4 to 5 minutes or until tender, stirring after 2 minutes. Drain chicken; set aside. Combine peppers, onions and 2 tablespoons reserved dressing in 2-quart casserole. Microwave 4 to 5 minutes or until crisp-tender, stirring after 2 minutes. Add chicken and tomatoes; mix lightly. Microwave 2 minutes or until hot. Fill tortillas with chicken mixture.

4 servings/Prep time: 15 minutes plus marinating/Microwave time: 12 minutes

Conventional: Marinate chicken as directed above. Drain chicken, reserving dressing. Stir-fry peppers and onions in 2 tablespoons reserved dressing until crisp-tender. Add chicken; continue cooking until chicken is tender. Stir in tomatoes. Continue as directed.



FRENCH BREAD PIZZA

Make-It-Easy Main Dishes



Three Cheese CHICKEN APPLAUSE! Oven-Bake Dinner

Three cheers for this delicious new dinner mix! Just add chicken pieces and bake for an easy-on-the-cook casserole.



CARROLL SHELBY'S ORIGINAL TEXAS BRAND Chili Mix

Fix it the way you like it! A separate spice packet lets you adjust the "heat."



KRAFT Macaroni and Cheese Deluxe Dinner

Hard to believe something this good comes from a box.

To create your own pasta casserole, prepare a KRAFT Macaroni and Cheese Deluxe Dinner and stir in the cooked vegetable and cooked meat, poultry or fish of your choice. Another time, fix the *Florentine Macaroni* featured at top right.

THREE-CHEESE CHICKEN AND BROCCOLI

- **1 14.4-oz. pkg. Three Cheese CHICKEN APPLAUSE! Oven-Bake Dinner**
- **5 chicken breast halves, skinned**
- **1 16-oz. pkg. frozen broccoli cuts, thawed, well drained**

Combine Rice, Seasoning Mix and 1¾ cups cold water in 13 x 9-inch baking dish or pan; stir until blended. Top with chicken breasts. Cover tightly with foil. Bake at 375°, 50 minutes. Remove foil. Arrange broccoli around chicken pieces. Sprinkle with Grated Cheese Topping. Cut off corner of Cheese Sauce pouch with scissors; distribute evenly over chicken and broccoli. Continue baking, uncovered, 10 minutes. Let stand 5 minutes.

5 servings/Prep time: 10 minutes/Cooking time: 60 minutes

DAD'S FAVORITE CHILI

- **2 lbs. ground beef**
- **1 cup chopped onion**
- **1 green pepper, chopped**
- **1 garlic clove, minced**
- **1 15-oz. can tomato sauce**
- **1 12-oz. can beer**
- **1 pkg. CARROLL SHELBY'S ORIGINAL TEXAS BRAND Chili Mix**
- **1 cup (4 ozs.) 100% Natural KRAFT Shredded Sharp Cheddar Cheese**

Brown meat; drain. Add onions, peppers and garlic; cook until vegetables are tender. Add tomato sauce and 1 cup beer. Add Large Spice Packet, Salt and Cayenne Pepper to taste; mix well. Bring to boil; reduce heat. Simmer 15 minutes. Gradually add remaining beer to Masa Flour Packet, stirring until well blended. Add to meat mixture; simmer 5 minutes. Serve with cheese.

Six 1-cup servings/Prep time: 10 minutes/Cooking time: 30 minutes

Variation: Substitute 1½ cups cold water for beer.

FLORENTINE MACARONI

- **1 14-oz. pkg. KRAFT Macaroni and Cheese Deluxe Dinner**
- **1 10-oz. pkg. frozen spinach, thawed, well drained**
- **1 cup sour cream**
- **6 crisply cooked bacon slices, crumbled**

Prepare Dinner as directed on package for microwave Add remaining ingredients; microwave on High 5 to minutes or until thoroughly heated, stirring every 3 minutes.

6 servings/Prep time: 20 minutes/Microwave time: 7 minutes

Conventional: Prepare Dinner as directed on package Combine with remaining ingredients; mix well. Heat thoroughly, stirring occasionally.

Variation: Substitute peas for spinach and 6½-oz. ca tuna, drained and flaked, for bacon.

SHRIMP MORNAY

- **½ lb. mushrooms, sliced**
- **2 green onions, sliced**
- **2 tablespoons PARKAY Margarine**
- **1 lb. raw medium shrimp, shelled, deveined**
- **3 tablespoons dry white wine**
- **1 8-oz. pkg. PHILADELPHIA BRAND Cream Cheese, cubed**
- **¾ cup milk**
- **½ cup (2 ozs.) 100% Natural KRAFT Shredded Swiss Cheese**

Sauté mushrooms and onions in margarine. Add shrimp and wine; cook 2 to 3 minutes or until shrim are pink. Remove vegetables and shrimp from pan with slotted spoon; add cream cheese and milk to pa Stir over low heat with wire whisk until smooth. Ad Swiss cheese; stir until cheese is melted. Return shrimp and vegetables to pan; mix lightly. Serve wit rice or pasta.

4 servings/Prep time: 10 minutes/Cooking time: 10 minutes

THREE-CHEESE CHICKEN AND BROCC



ADVERTISEMENT

Shortcut Side Dishes

MEDITERRANEAN SAUTÉ

- 1 cup green pepper strips
- 1 cup zucchini slices
- ½ cup onion rings
- ½ teaspoon dried oregano leaves, crushed
- 1 tablespoon PARKAY Margarine
- ½ cup cherry tomato halves
- ¾ cup (4 ozs.) crumbled CHURNY Feta Cheese

Combine peppers, zucchini, onions, oregano and margarine in 1½-quart casserole or bowl. Microwave on High 4 minutes, stirring after 2 minutes. Add tomatoes; continue microwaving 1 minute. Top with cheese.

4 servings/Prep time: 10 minutes/Microwave time: 5 minutes

Conventional: Sauté peppers, zucchini, onions and oregano in margarine. Stir in tomatoes; continue cooking 1 minute. Remove from heat; top with cheese.

SOUTHWESTERN MARINATED VEGGIES

- ½ cup CATALINA French Dressing
- 1 15½-oz. can garbanzo beans, drained
- 1½ cups cucumber slices, halved
- 1½ cups cauliflowerets slices
- ½ cup diced red pepper
- ½ cup pitted ripe olives

Pour dressing over vegetables. Cover; marinate in refrigerator 2 hours. Serve on lettuce-lined plates.

6 to 8 servings/Prep time: 15 minutes plus chilling

RAINBOW VEGETABLE MEDLEY

- 1 cup broccoli flowerets
- 1 cup yellow squash slices
- ½ cup peeled jicama slices, cut into quarters
- ½ cup red pepper, cut into 2-inch strips
- 1 tablespoon PARKAY Margarine
- ¼ lb. VELVEETA Pasteurized Process Cheese Spread, cubed
- 1 tablespoon milk
- 1 teaspoon rice wine
- ¼ teaspoon sesame oil

Microwave vegetables and margarine in 2-quart casserole on High 4 to 6 minutes or until crisp-tender, stirring every 2 minutes. Stir in remaining ingredients; microwave 2 minutes or until process cheese spread is melted. Mix well.

4 servings/Prep time: 10 minutes/Microwave time: 8 minutes

Variation: Omit rice wine and sesame oil.

Conventional: Increase margarine to 2 tablespoons. Stir-fry vegetables in margarine until crisp-tender. Stir in remaining ingredients; cook over low heat until process cheese spread is melted.

SALSA SPUDS

- ¼ lb. VELVEETA Pasteurized Process Cheese Spread, cubed
- ⅓ cup salsa
- 4 hot baked potatoes, split in half lengthwise

Microwave process cheese spread and salsa in 1-quart bowl on High 2½ to 4½ minutes or until smooth, stirring every minute. Pour over potatoes.

4 servings/Prep time: 15 minutes/Microwave time: 4½ minutes

MEDITERRANEAN SAUTÉ





URNY Feta
ese
e taste experience.

le it on salads or
into cooked vegetables
thentic Greek flavor.

ine equal amounts of
NY Feta Cheese and
ream for a quick potato
g or a piquant
able dip.



NCHER'S
OICE Creamy
ssing
nly dressing that
nes real buttermilk, sour
and mayonnaise. With
w and improved flavor,
HER'S CHOICE Dressing
to become the
ng of your choice.

Top with salads!
RANCHER'S CHOICE
ng as a vegetable dip
ping.

Speedy Desserts



KRAFT Caramels

KRAFT Caramels were practically made for the microwave oven. With Kraft's "Zap An Apple" caramel apple recipe, you can have caramel apples in no time. See the package for details.



KRAFT Miniature Marshmallows

So versatile you can stir them into snacks, salads, side dishes and desserts.

Now you can prepare one of our most popular snacks, *Marshmallow Crispy Treats*, in the microwave oven. Check the marshmallow package for the quick-cooking directions.



KRAFT Marshmallow Creme

The secret to simple sweets!

Check the Kraft label for fabulous, no-fail *Chocolate Fantasy Fudge*. Then cook it conventionally or in the microwave oven. It's that easy!

ROCKY ROAD BROWNIES

- **1 20 to 23-oz. pkg. brownie mix**
- **2 cups KRAFT Miniature Marshmallows**
- **1 6-oz. pkg. semi-sweet chocolate pieces, melted**
- **¼ cup milk**
- **1 cup coarsely chopped nuts**

Prepare and bake brownies according to package directions. Immediately sprinkle marshmallows over brownies; continue baking until marshmallows begin to melt. Melt chocolate with milk over low heat, stirring until smooth. Drizzle over marshmallows; sprinkle with nuts. Cool; cut into bars.

Approximately 3 dozen/Prep time: 5 minutes/Baking time: 30 minutes

Variation: Decadent Brownies—Omit marshmallows and milk. Melt 14-oz. bag KRAFT Caramels with 2 tablespoons milk over low heat, stirring frequently. Top hot brownies with caramel mixture; sprinkle with chocolate pieces and nuts. Cool slightly; chill. Cut into bars.

Microwave Tip: To microwave caramels, combine caramels and milk in 1½-quart bowl; microwave on High 2½ to 3½ minutes or until smooth when stirred, stirring every minute.

WHITE CHOCOLATE FANTASY FUDGE

- **2 cups sugar**
- **¾ cup sour cream**
- **½ cup PARKAY Margarine**
- **12 ozs. white chocolate, coarsely chopped**
- **1 7-oz. jar KRAFT Marshmallow Creme**
- **¾ cup chopped dried apricots**
- **¾ cup chopped walnuts**

Combine sugar, sour cream and margarine in heavy 2½ to 3-quart saucepan; bring to full rolling boil, stirring constantly. Continue boiling 7 minutes over medium heat or until candy thermometer reaches 234°, stirring constantly to prevent scorching. Remove from heat; stir in chocolate until melted. Add remaining ingredients; beat until well blended. Pour into greased 8 or 9-inch square baking pan. Cool at room temperature; cut into squares.

2½ pounds/Prep time: 5 minutes/Cooking time: 15 minutes

CARAMEL CRISPY TREATS

- **1 14-oz. bag KRAFT Caramels**
- **2 tablespoons PARKAY Margarine**
- **2 tablespoons cold water**
- **8 cups crisp rice cereal**

Microwave caramels, margarine and water in 1-quart glass bowl on High 2½ to 3½ minutes or until smooth, stirring every minute. Pour over cereal; toss until well coated. Press into greased 13 x 9-inch baking pan. Let stand until firm.

5 dozen/Prep time: 10 minutes/Microwave time: 3½ minutes

Conventional: Melt caramels with margarine and water in heavy saucepan over low heat, stirring until smooth. Continue as directed.

AMERICAN FRUIT TART

- **1 15-oz. pkg. PILLSBURY All Ready Pie Crust**

• • •

- **1 8-oz. pkg. PHILADELPHIA BRAND Cream Cheese, softened**
- **¼ cup sugar**
- **2 teaspoons lemon juice**
- **½ cup whipping cream**
- **Assorted fresh fruit**
- **¼ cup KRAFT Apricot Preserves**
- **1 tablespoon water**

On lightly floured surface, roll pastry to 12-inch circle. Place in 10-inch tart pan or quiche dish. Prick bottom and sides of pastry with fork. Bake at 400°, 9 to 11 minutes or until golden brown. Cool.

Combine cream cheese, sugar and juice, mixing at medium speed of electric mixer until well blended. Add whipping cream; mix at high speed until light and fluffy. Spread into pie shell; chill several hours. Arrange fruit on tart; brush with combined preserves and water.

8 to 10 servings/Prep time: 25 minutes plus cooling and chilling/Baking time: 11 minutes

Variation: Substitute 9-inch pie plate for tart pan.

DECADENT BROWNIES, WHITE CHOCOLATE FANTASY FUDGE, ROCKY ROAD BROWNIES



RIZE CATCH

ntinued from page 170

g dishes and sprinkle with re-
ng bread crumbs. Bake just until
s opaque at center, about 10 min-
Garnish with salmon eggs. Serve
lemon wedges. Makes 4 servings.

n info per serving: 295 calories, 26 gm
18 gm fat, 6 gm carbohydrates, 229 mg
84 mg cholesterol.

ND GINGER GRILLED SALMON

red on pages 166-167

is a wonderful, simple way to grill
on, with the complementary fla-
of spices and smoke.

me: 20 minutes ○
g time: 10 minutes

non fillet (about 2 lb.), skinned
es
spoon salt
spoon ground white pepper
spoon freshly ground pepper
espoons minced fresh ginger
espoons unsalted butter, melted

re grill or preheat broiler. Rinse
ry salmon and remove any bones
needle-nose pliers. Remove peel
limes with vegetable peeler.
e away any white pith. Mince
and measure 2 tablespoons.
eze ½ teaspoon juice and reserve.
rinkle salt, peppers, peel and
r over both sides of salmon and
gently into flesh.
sh grill or broiler pan with oil
rrange 3 inches from heat. Mix
ved lime juice and the melted but-
Grill salmon, brushing with butter
re, until fish is firm and just
e at center, about 5 minutes per
Makes 4 servings.

n info per serving: 380 calories, 45 gm
20 gm fat, 1 gm carbohydrates, 375 mg
140 mg cholesterol.

AUPIETTES WITH TOMATO CREAM

nt rolls of sole and zucchini
. The fish cooks fast in the micro-
while you prepare the sauce on
ove.

me: 45 minutes ○Ⓜ
ave time: 10 minutes

e fillets (8 oz. each)
dium-large zucchini, trimmed
loosely packed fresh basil leaves
and freshly ground pepper
clam broth
heavy or whipping cream
n tomatoes, peeled, seeded and diced
e shallot, minced
lespoons dry white wine

e sole fillets and pat dry. Halve
s lengthwise, making 4 strips.
zucchini lengthwise into paper-
slices. Finely mince basil. Lay
strips of sole flat on work surface. Sprinkle lightly with salt and pepper. Cover each fillet with layer of zucchini slices, leaving ½-inch border at both short ends and piecing slices if necessary. Reserve 1 tablespoon basil and sprinkle remaining over zucchini. Carefully roll up sole fillets jelly-roll fashion and secure with toothpicks. Stack remaining zucchini slices and cut crosswise into very thin slices.

Reduce clam broth in small heavy saucepan over high heat to ¼ cup. Add cream and reduce again to about ½ cup, about 10 minutes. Stir in tomatoes and reserved basil. Season to taste and heat through.

Meanwhile, sprinkle shallot and zucchini in unbuttered 9-inch glass pie plate. Stand sole paupiettes on end on zucchini. Sprinkle wine around sole. Cover with wax paper; microwave 5 minutes. Let stand covered 5 minutes.

With slotted spoon scoop paupiettes with zucchini and shallot onto plates. Spoon tomato cream over top. Serve at once. Makes 4 servings.

Nutrition info per serving: 280 calories, 24 gm protein, 18 gm fat, 6 gm carbohydrates, 211 mg sodium, 116 mg cholesterol. ■

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TURN OVER A NEW LEAF



QUICK SPINACH MEDLEY

1 can (15 oz.) *Del Monte*® Whole Leaf Spinach
3 slices bacon
1 onion, cut in chunks
1 can (16 oz.) *Del Monte*® Whole New Potatoes, drained and quartered
½ tsp. marjoram
¼ tsp. thyme

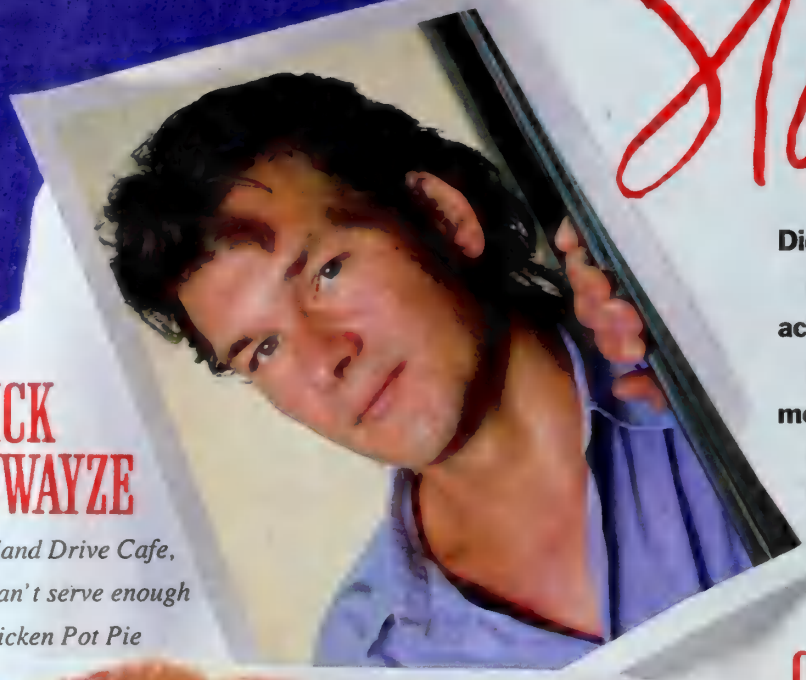
Drain spinach well, pressing out excess liquid. Cook bacon in skillet. Remove bacon; set aside. Sauté onion and potatoes in drippings. Stir in marjoram, thyme and spinach; heat through. Crumble bacon; sprinkle over top. 4 to 6 servings.

WE GROW VARIETY Del Monte

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No reservations required! You can dine on the specialties of the house without leaving home with recipes from

restaurants of the Stars



Did you know that some of Hollywood's hottest actors moonlight as restaurateurs? Here, their most-requested meals and their eateries dish

PATRICK SWAYZE

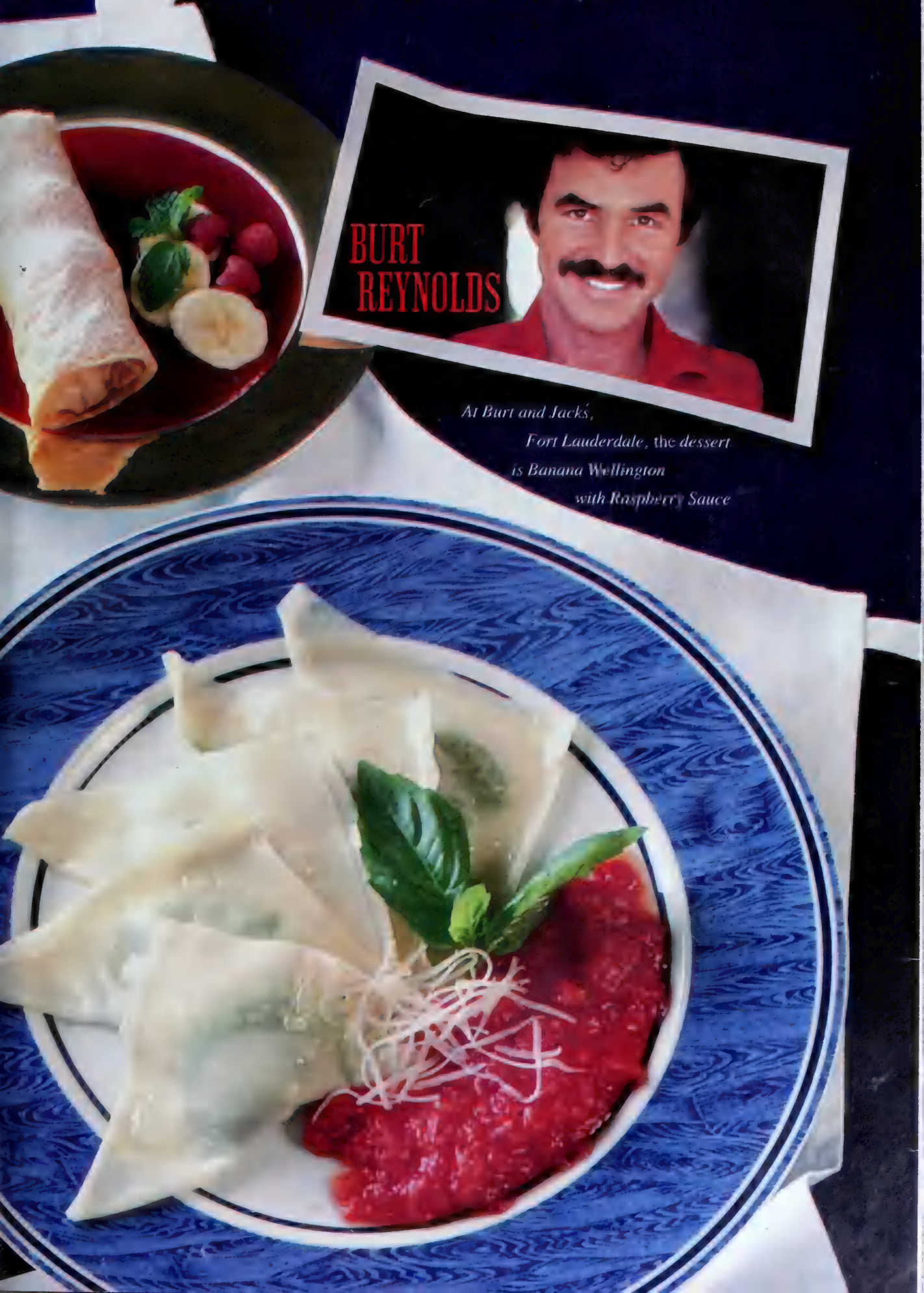
His Mulholland Drive Cafe, NYC, can't serve enough old-time Chicken Pot Pie



CARROLL O'CONNOR

Pesto Ravioli with Tomato Sauce is sublime at the Ginger Man, Beverly Hills





At Burt and Jacks',
Fort Lauderdale, the dessert
is Banana Wellington
with Raspberry Sauce

CELEBRITY RESTAURANTS
continued

Easy · Challenging · Moderate · (M) Microwave

CUBAN BLACK BEAN SOUP
Chita, New York City



A spicy after-theater favorite from the restaurant owned by Broadway star Chita Rivera and her sister Lola.

Prep time: 40 minutes
Cooking time: 1½ to 2 hours

- 2 pounds dried black beans
- 8 ounces sliced bacon, diced
- 4 medium onions, diced
- 1 red and 1 green pepper, diced
- 3 cloves garlic, sliced
- 10 cups water or chicken broth
- ½ cup tomato paste
- 1 tablespoon oregano
- 1 bay leaf
- ½ teaspoon freshly ground pepper
- Salt to taste
- Sliced chorizo and green onions and sour cream, for garnish

Pick over beans for stones and shriveled beans, then rinse and soak in water to cover overnight. (To quick soak, cover with water to 1 inch above beans in saucepan. Boil 2 minutes. Cover, remove from heat and let stand 1 hour.)

Cook bacon in large Dutch oven over medium-high heat until crisp. Add onions, peppers and garlic; cook until onions are translucent, about 5 minutes. Drain beans and add to pan with remaining ingredients except garnish. Stir to combine. Bring to boil. Reduce heat and simmer uncovered until beans are tender, 1½ to 2 hours.

Puree 4 cups soup in blender and stir back into remaining soup. Serve hot with chorizo, green onions and sour cream. Makes 8 servings.

Nutrition info per serving: 580 calories, 28 gm protein, 18 gm fat, 79 gm carbohydrates, 331 mg sodium, 19 mg cholesterol.

72 MARKET STREET CHILI
72 Market Street, Venice, CA



At Dudley Moore's popular restaurant, the chili is justly famous. Best of all, he sometimes takes a turn at the piano.

Prep time: 1 hour
Cooking time: 1½ to 2 hours

- 8 ounces thick-sliced bacon, diced
- 2 large onions, chopped fine
- 2 tablespoons minced garlic
- 2 tablespoons vegetable oil
- 4 pounds beef chuck, diced (½ in.)
- 2 pounds boneless pork butt or shoulder, diced (½ in.)
- 2 cans (29 or 32 oz. each) pureed tomatoes
- 2 cans (12 oz. each) ale or beer
- 1 cup water
- ½ cup plus 2 tablespoons chili powder
- ½ cup ground cumin
- 2 tablespoons oregano
- 1 tablespoon ground red pepper
- 1 tablespoon salt
- 3 jalapeño peppers, seeded and minced
- ¼ cup fresh lime juice
- Grated Cheddar cheese, chopped onion and sour cream, for garnish

Cook bacon in large skillet over medium-high heat until crisp. Add onions and garlic; cook until translucent, about 5 minutes. Transfer to large Dutch oven.

Heat oil in same skillet over medium-high heat. Add meat in batches and brown. Transfer to Dutch oven. Add remaining ingredients except lime juice to Dutch oven and stir well. Bring to boil. Reduce heat and simmer uncovered until meat is tende
2 hours. *(Can be made ahea then cover and refrigerate days.)* Stir in lime juice. Se with cheese, onion and sour Makes 20 cups.

Nutrition info per cup: 540 calories, 26 g 42 gm fat, 16 gm carbohydrates, 882 107 mg cholesterol.

CRÈME BRÛLÉE
Langan's Brasserie, London



The smoothest custard from th spot in London. Michael Caine over the celebrity-studded crow

Prep time: 10 minutes plus chilling
Cooking time: 10 minutes

- 2 cups heavy or whipping cream
- ½ vanilla bean, split
- 4 large egg yolks
- ⅓ cup granulated sugar
- 3 tablespoons firmly packed brown su

Bring cream and vanilla bean in medium saucepan. Whisk e and granulated sugar together ing bowl. Gradually whisk cream. Return to saucepan a stirring constantly, over med heat until thick enough to coat wooden spoon, about 8 minutes into six 4-ounce custard cups low flameproof dishes. Refrig least 4 hours or overnight.

Preheat broiler. Sieve ½ tab brown sugar evenly over each Broil until sugar melts, 1 to 2 Refrigerate at least 2 hours serving. Makes 6 servings.

Nutrition info per serving: 385 calories, tein, 33 gm fat, 20 gm carbohydrates, 38 290 mg cholesterol.

GRILLED JAPANESE EGGPLANTS WITH GINGER BUTTER
Columbia Bar & Grill, Los Angeles



*Wayne Rogers has come a l from the mess tent on M*A*S California restaurant serves f style, as exemplified by this sop ed dish.* *(co*

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I'm still hearing raves."

Consumer letter on file.

To the Hunt's people,

I have never before been moved to write a company on a product. Never did I think I'd be so impressed by a spaghetti sauce in a can. Bravo to you!!! Until now, Ragu and Prego were my only choices. But this is undoubtedly the best tasting sauce I have ever opened.

My dishes turned out so well, I'm still hearing raves. This is just to say thank you for another fine Hunt's product. Keep up the fine quality. By the way, the low price didn't hurt either.

I remain a loyal user and customer,

Phyllis Malinowski

Phyllis Malinowski
Chester, PA

P.S. If my granddaughter is any indication, you'll be in this family for a long time.





It had to be Hunt's.



The first name in tomatoes, the last word in Spaghetti Sauce.

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Prego is a registered trademark of Campbell Soup Company.

CELEBRITY RESTAURANTS
continued

Prep time: 30 minutes plus chilling
Cooking time: 10 minutes

Ginger Butter
- 1½ cups rice wine vinegar
- 1½ cup finely chopped fresh ginger
- 3 tablespoons finely chopped shallots
- 1½ tablespoons minced garlic
- ½ cup butter, softened
- 1 bunch chives, chopped

- 6 Japanese or 1 large eggplant
- 1 large red onion, cut into 6 slices
- 2 tablespoons vegetable oil
- ⅓ cup finely chopped red pepper
- ⅓ cup finely chopped green onions

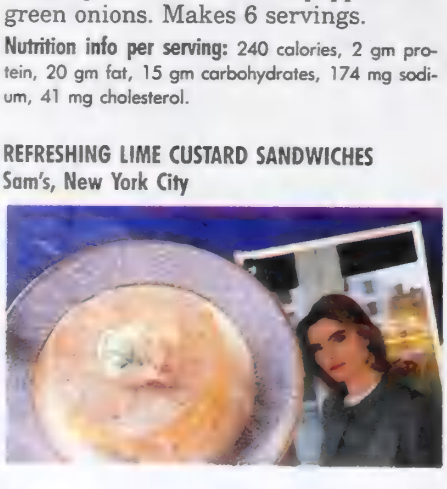
Ginger Butter: Bring vinegar, ginger, shallots and garlic to boil in medium saucepan. Reduce heat and simmer until almost all liquid is evaporated, about 15 minutes. Transfer to small bowl and refrigerate until cold.

Beat butter in mixer bowl until light and fluffy. Beat in ginger mixture and chives. Cover and refrigerate until firm, about 1 hour.

Prepare grill or broiler. Slice into each Japanese eggplant lengthwise 4 times, keeping stem ends intact; fan slices. If using 1 large eggplant, cut crosswise into 12 slices. Brush eggplant and onion slices lightly with oil. Grill or broil vegetables 5 inches from heat until golden brown and tender, 5 minutes per side. Transfer onion to serving platter and top with eggplant. Spread Ginger Butter over hot vegetables; sprinkle with red pepper and green onions. Makes 6 servings.

Nutrition info per serving: 240 calories, 2 gm protein, 20 gm fat, 15 gm carbohydrates, 174 mg sodium, 41 mg cholesterol.

REFRESHING LIME CUSTARD SANDWICHES
Sam's, New York City



A delicate dessert from Mariel Hemingway and her husband, Steve Crisman. "Sam" is Steve's nickname for Mariel—they also use it for their other Manhattan eatery, Sam's Cafe.

Prep time: 45 minutes plus chilling
Cooking time: 12 minutes per batch

Custard
- ½ cup fresh lime juice
- ½ cup granulated sugar
- 3 large eggs
- 3 large egg yolks
- ½ teaspoon grated lime peel
- ½ cup cold unsalted butter, cut up

Wafers
- 10 tablespoons unsalted butter, softened
- ¾ cup confectioners' sugar
- ½ cup all-purpose flour
- 2 large egg whites
- 1½ teaspoons heavy or whipping cream

Garnish
- 1 cup heavy or whipping cream
- 1 tablespoon confectioners' sugar, plus additional for wafers
- 8 small sprigs mint
- 1 teaspoon grated lime peel

Custard: Mix all ingredients except butter in top of double boiler. Cook, whisking constantly, over simmering water until mixture begins to bubble and thicken. Remove from heat and whisk in butter a few pieces at a time. Transfer to small bowl and cover surface with plastic wrap. Refrigerate at least 2 hours or up to 3 days. Makes 2 cups.

Wafers: Preheat oven to 325°F. Butter 3 cookie sheets. Beat butter and sugar in mixer bowl until light and fluffy. Slowly beat in flour. Gradually beat in egg whites on high; beat until smooth. Stir in cream by hand.

Drop batter by level tablespoonfuls on prepared cookie sheets, no more than 6 wafers per sheet. Spread into 3-inch circles with fork dipped in water. Bake 12 minutes, until golden. Quickly transfer to wire rack. Makes 24.

Garnish: Beat cream and 1 tablespoon confectioners' sugar in mixer bowl until stiff; refrigerate.

To assemble, sift confectioner's sugar lightly over 8 of the best-looking wafers. Place plain wafer on each of 8 dessert plates. Pipe or spoon custard on top ¼ inch thick. Top with remaining plain wafers; cover with remaining custard. Top with sugar-coated wafers. Garnish plates with mint sprigs and whipped cream sprinkled lightly with lime peel. Makes 8 servings.

Nutrition info per serving: 520 calories, 6 gm protein, 42 gm fat, 33 gm carbohydrates, 57 mg sodium, 317 mg cholesterol.

CHICKEN POT PIE
Mulholland Drive Cafe, New York City

pictured on page 184

Although named for Hollywood's most scenic drive, Patrick Swayze's restaurant is located on Manhattan's East Side. And while the star may conjure up dreams of dirty dancing, this homey dish will remind you of Mom.

Prep time: 1 hour
Cooking time: 25 minutes

- 1 whole chicken (about 3½ lb.)
- 1 carrot, sliced thick
- 1 rib celery, sliced thick
- 1 medium onion, halved
- 10 cups water
- 1 bay leaf
- ¼ teaspoon freshly ground pepper
- ½ cup diced peeled carrot
- ½ cup diced celery
- 1 cup frozen pearl onions
- 1 red pepper, diced
- 8 ounces fresh mushrooms, quartered
- ½ cup frozen peas
- 3 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- ½ cup milk
- 1 teaspoon Worcestershire sauce
- ½ teaspoon salt
- Dash red pepper sauce
- 1 package (2 sheets) frozen puff pastr thawed according to package dire
- 1 large egg, lightly beaten

Combine chicken, sliced carrot a ery, the onion, water, bay leaf a per in large pot. Bring to boil. heat to low and skim surface. Si partially covered, 1 hour, t chicken after 30 minutes. R chicken. Cool; strain chicken and remove fat. Reserve 2 cups

Remove skin and bones from tear into large pieces. Transfer t

Bring reserved chicken broth in large saucepan. Add diced and celery; reduce heat and sim minutes. Add pearl onions a pepper; simmer 1 minute. Add rooms and peas; simmer 1 more. With slotted spoon, transf etables to chicken. Reserve brot

Melt butter in medium sa over medium-high heat. Add flo cook, whisking constantly, 1 Whisk in reserved chicken bro the milk, Worcestershire, salt a per sauce. Simmer 5 minutes, ing occasionally. Add to chick vegetables and stir to combine.

Preheat oven to 425°F. Spoon en mixture into 4 ovenproof ind baking dishes. Cut 4 circles fro ry 2 inches larger than top of di 1-inch hole in center of each ci vent. Place pastry on dishes edges. Brush with beaten egg.

Bake pot pies on cookie shee tops are golden and filling is about 25 minutes. Makes 4 ser

Nutrition info per serving: 860 calories protein, 47 gm fat, 55 gm carbohydrates, sodium, 188 mg cholesterol.

BANANA WELLINGTON WITH RASPBERRY SAUCE
Burt & Jack's, Fort Lauderdale

pictured on page 185

Burt owns this dockside res with his pal Jack Jackson. This dessert is the perfect ending to at this steak-and-seafood hidea

Prep time: 30 minutes
Cooking time: 6 to [illegible] minutes *(con*



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If you think that using a reduced calorie sing means giving up taste, you haven't l new, improved French reduced calorie sing from KRAFT. It's made with a h of paprika and mustard, for that great you enjoy in a classic French dressing. n only half the calories. And KRAFT 13 ways to change your mind about ced calorie dressings.



TASTE HOW GOOD FEWER CALORIES CAN BE.

SHRIMPS DELIGHT



Creamettes Seafood Italiano

- 4 tbsps. olive oil, divided
- 1 (6½-ounce) can clams, drained
- 1 medium onion, chopped
- ⅓ cup finely chopped carrot
- 1 clove garlic, minced
- 1 (28-ounce) can plum tomatoes, cut up (undrained)
- 2 to 3 tbsps. tomato paste (optional)
- 1 bay leaf
- ½ tsp. salt
- 10 drops bottled hot pepper sauce
- 1 (8- to 10-ounce) pkg. frozen cooked shrimp, thawed, drained and cut up
- 2 tbsps. chopped fresh basil, divided
- ½ of a (1-pound) pkg. Creamettes® Elbow Macaroni, uncooked
- Freshly grated Parmesan cheese

In medium skillet, heat 3 tablespoons oil. Add clams, onion, carrot and garlic. Cook until onion is tender. Stir in next five ingredients. Simmer 20 minutes, stirring occasionally. Add shrimp and 1 tablespoon basil; simmer 5 minutes. Keep warm. Prepare Creamettes® according to package directions; drain. Combine macaroni, remaining oil and remaining basil; toss to coat. Place shrimp mixture in individual dishes. Mound macaroni mixture evenly on shrimp mixture. Top with Parmesan. Garnish as desired. 4 to 6 servings.

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Doesn't Your Recipe Deserve Creamettes®?





eamy cheesecakes are so good you'll forget the guilt (but just
-luscious low-cholesterol version, too)! **By Jan Turner Hazard**

CHEESECAKE
continued

Easy · Moderate · Challenging · Microwave



LOW-CHOLESTEROL CHEESECAKE

Whirl the cottage cheese in the blender to obtain maximum creaminess. Topped with fresh fruit, it tastes as good as it looks.

Prep time: 45 minutes plus chilling ○
Baking time: 45 minutes

Crust
- 1 cup graham cracker crumbs
- ¼ cup ground pecans
- 1 tablespoon sugar
- 2 tablespoons margarine, melted

Filling
- 1 container (24 oz.) low-fat cottage cheese
- 1 cup sugar
- ¼ cup margarine, melted
- 2 tablespoons all-purpose flour
- 3 large egg whites, lightly beaten
- ¼ cup fresh orange juice
- 1 tablespoon orange-flavored liqueur
- ½ teaspoon vanilla extract
- ¼ teaspoon grated orange peel

Topping
- 4 strawberries, halved
- 2 kiwifruit, peeled, halved and sliced
- 1 orange, sectioned
- ⅓ cup apricot preserves, melted and strained

Crust: Preheat oven to 350°F. Combine cracker crumbs, pecans and sugar in small bowl. Gradually work in margarine until crumbs are evenly moistened. Pat evenly over bottom of 9-inch springform pan. Bake 10 minutes. Cool on wire rack. Keep oven on.
Filling: Process cottage cheese and sugar in food processor until completely smooth. Add margarine and process until blended. Add remaining ingredients one at a time, processing after each addition.

Pour filling over crust in pan. Bake 45 minutes, until center is just set. Cool completely on wire rack. Cover and refrigerate at least 4 hours or overnight.
Topping: Remove side of pan. Arrange strawberries, kiwis, and orange decoratively on top of cheesecake. Brush fruit with melted preserves. Refrigerate at least 30 minutes before serving. Makes 12 servings.

Nutrition info per serving: 265 calories, 9 gm protein, 8 gm fat, 39 gm carbohydrates, 372 mg sodium, 2 mg cholesterol.

TRIPLE LAYER CHEESECAKE

pictured on page 165

The key to making the distinct coffee, chocolate and vanilla layers is freezing the cake after adding each flavor, then baking.

Prep time: 45 minutes plus chilling ◒
Baking time: 1½ hours

Crust
- ¾ cup chocolate wafer crumbs
- 1 tablespoon butter or margarine, melted

Filling
- 4 packages (8 oz. each) cream cheese, at room temperature
- 1¾ cups sugar
- 1 teaspoon vanilla extract
- Pinch salt
- 4 large eggs
- 1 teaspoon instant espresso powder
- 1 tablespoon hot water
- 3 ounces (3 squares) unsweetened chocolate, coarsely chopped

Crust: Preheat oven to 350°F. Butter bottom and side of 8-inch springform pan. Tightly cover outside of pan with heavy-duty foil. Place cookie crumbs in small bowl. Gradually work in butter until crumbs are evenly moistened. Pat evenly over bottom of buttered pan. Bake 10 minutes. Cool on wire rack.
Filling: Beat cream cheese in large mixer bowl at medium-high speed until light and fluffy. Gradually beat in sugar and continue to beat until completely smooth. Reduce speed to medium and beat in vanilla and salt. Add eggs one at a time, beating just until blended after each addition.

Dissolve espresso powder in hot water. Measure 2 cups filling into medium bowl and fold in espresso with rubber spatula. Pour over crust in pan and freeze until firm, about 1½ hours.

Meanwhile, melt chocolate in top of double boiler over hot water. Measure 1¾ cups filling into medium bowl and thoroughly stir in chocolate. Carefully spread over coffee layer and freeze 20 minutes.

Preheat oven to 350°F. Spread remaining filling over chocolate layer. Place pan in larger baking pan on oven rack. Pour enough hot water into larger pan to come 1 inch up side of springform pan. Bake 1½ hours, until center is just set.

Remove cheesecake from water bath. Cool completely on wire rack. Remove foil from pan. Cover and refrigerate overnight. Remove side of pan just before serving. Makes 12 servings.

Nutrition info per serving: 475 calories, 9 gm protein, 34 gm fat, 38 gm carbohydrates, 312 mg sodium, 177 mg cholesterol.

CLASSIC CHEESECAKE

pictured on page 192

This recipe is dedicated to the me of William Lawrence, who in the 1 developed the process for making c cheese.

Prep time: 35 minutes plus chilling
Baking time: 1 hour 10 minutes

Crust
- ¾ cup gingersnap crumbs
- ¼ cup finely chopped walnuts
- 2 tablespoons butter or margarine, m

Filling
- 3 packages (8 oz. each) cream chees room temperature
- 1½ cups sugar
- 2 tablespoons fresh lemon juice
- 1 teaspoon grated lemon peel
- 1 teaspoon vanilla extract
- Pinch salt
- 4 large eggs
- ½ cup heavy or whipping cream

Crust: Preheat oven to 350°F. B 8-inch springform pan. Tightly outside of springform pan with he duty foil. Combine cookie crumbs walnuts in small bowl. Gradu work in butter until crumbs are ev moistened. Pat evenly over botto buttered pan. Bake 10 minutes. on wire rack. Keep oven on.
Filling: Beat cream cheese in bo medium-high speed until light fluffy. Gradually beat in sugar continue beating until compl smooth. Reduce speed to medium beat in lemon juice and peel, va and salt. Add eggs one at a time, ing just until blended after each tion. Add cream; beat just until ble

Pour filling over crust in par place in larger baking pan. Plac on oven rack. Pour enough hot into larger pan to come 1 inch up of springform pan. Bake 1¼ hour til center is just set.

Remove cheesecake from bath. Cool completely on wire Remove foil from pan. Cover; r erate overnight. Remove side o just before serving. Makes 12 ser

Nutrition info per serving: 415 calories, 7 g tein, 30 gm fat, 33 gm carbohydrates, 261 m um, 175 mg cholesterol.

Apple-Spice Cheesecake: Prepare as directed above. Prepare filli directed *except* decrease lemon p ½ teaspoon and add ¼ teaspoon c mon. Bake and refrigerate as dir
Topping: Peel 2 Red Delicious a and slice ½ inch thick; toss w teaspoon fresh lemon juice in Melt 2 tablespoons butter or m rine in large skillet over medium Stir in 2 tablespoons firmly p brown sugar; add apples and to coat. Cook, stirring occasionally, tender, about 10 minutes. *(cont*

Tantalizing TREATS



Marvelous Macaroons

2⅔ cups BAKER'S® ANGEL FLAKE® Coconut
⅔ cup sugar
¼ cup all-purpose flour
¼ teaspoon salt
4 egg whites
1 teaspoon almond extract
1 cup new DOLE™ Chopped Natural Almonds

- Combine coconut, sugar, flour and salt in mixing bowl. Stir in egg whites and almond extract. Stir in almonds; mix well.
- Drop from teaspoon onto lightly greased baking sheets. Garnish with candied cherry halves, if desired. Bake at 325° for 20 to 25 minutes, or until edges of cookies are golden brown.
- Remove from baking sheets immediately. Makes about 2½ dozen.



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■ CHEESECAKE

continued

Meanwhile, heat 2 tablespoons calvados or brandy in smal skillet. Ignite with match and shake skillet until flames di down. Add to apples and cook 1 minute more. Cool.

Remove side of pan from cheesecake. Arrange apples i concentric circles on top, starting at edge.

Heat ¼ cup granulated sugar, without stirring, in smal saucepan over medium-low heat just until edges begin t turn golden. Cook, stirring, until sugar melts and is dee golden brown. Remove from heat; whisk in 2 tablespoon heavy cream. Pour caramel over apples. Refrigerate a least 30 minutes before serving. Makes 12 servings.

CHOCOLATE-RASPBERRY RIPPLE

Raspberry puree is gently swirled into the marbled vanilla chocolate cheese batter.

Prep time: 45 minutes plus chilling
Baking time: 1 hour

Crust

- 1½ cups vanilla wafer crumbs
- 2 tablespoons butter or margarine, melted

Filling

- 1½ ounces (1½ squares) semisweet chocolate, coarsely chopped
- 1 package (10 oz.) frozen raspberries in light syrup, thawed
- 2 packages (8 oz. each) cream cheese, at room temperature
- ¾ cup sugar
- 1 teaspoon vanilla extract
- Pinch salt
- 2 large eggs
- 1½ cups sour cream
- Fresh raspberries, for garnish

Crust: Preheat oven to 350°F. Butter bottom and side of inch springform pan. Tightly cover outside of pan wit heavy-duty foil. Place cookie crumbs in small bowl. Grad ally work in butter until crumbs are evenly moistened. P evenly over bottom and two thirds up side of buttered pa Bake 10 minutes. Cool on wire rack. Keep oven on.

Filling: Meanwhile, melt chocolate in top of double boil over simmering water. Puree raspberries in food process or blender; strain through fine sieve. Measure ¼ cup ras berry puree (save remaining for another use).

Beat cream cheese in bowl at medium-high speed unt light and fluffy. Gradually beat in sugar until mixture smooth. At medium speed, beat in vanilla and salt. A eggs one at a time, beating just until blended after ea addition. Beat in sour cream just until blended.

Measure 1 cup filling into small bowl. Add chocolate a stir with rubber spatula. Spoon half the remaining pla filling (about 1¾ cups) evenly over crust in pan. Spoon h the chocolate filling in 3 pools over vanilla filling in pa Drizzle with 2 tablespoons raspberry puree. Pouring edge of pan, add remaining plain filling. Spoon remaini chocolate filling in 3 pools over top, then drizzle wi remaining raspberry puree. Swirl table knife through fi ings and puree 3 or 4 times to marbleize. Place pan larger baking pan. Place pan on oven rack. Pour hot wat into larger pan to 1 inch up side of springform pan.

Bake 1 hour, until center is just set. Turn oven off a let cheesecake stand in water bath 1 hour. Remove fr water bath. Cool completely on wire rack. Remove foil fr pan. Cover and refrigerate at least 4 hours or overnig Remove side of pan just before serving. Makes 12 servin

Nutrition info per serving: 375 calories, 6 gm protein, 25 gm fat, 32 carbohydrates, 201 mg sodium, 110 mg cholesterol.

Recipes developed by Carol Prager.

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better than Grandma used to bake



OAT BRAN cookbook

OLD-FASHIONED OAT COOKIES

Prep time: 25 minutes
Baking time: 12 minutes per batch

- 1 cup raisins
- ½ cup boiling water
- 2 cups quick or old-fashioned oats
- ⅔ cup oat bran
- 1 cup chopped walnuts
- 1⅓ cups all-purpose flour
- 2 teaspoons pumpkin pie spice
- ½ teaspoon *each* baking soda and salt
- 1 cup margarine (not whipped)
- 1 cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs

Preheat oven to 350°F. Grease 2 cookie sheets. Soak raisins in boiling water. Toast oats, oat bran and nuts on cookie sheet in oven until lightly browned. Cool.

Mix flour, spice, baking soda and salt. Beat margarine, sugar and vanilla in mixer bowl until light. Beat in eggs one at a time. Stir in flour mixture. Drain raisins and add to batter with oat mixture; stir until blended. Drop dough by teaspoonfuls onto cookie sheets. Bake 10 to 12 minutes, until golden and tops feel dry. Makes 5 dozen.

Nutrition info per cookie: 90 calories, 2 gm protein, 5 gm fat, 10 gm carbohydrates, 65 mg sodium, 9 mg cholesterol.

BRAIDED OATMEAL LOAVES

Prep time: 30 minutes plus rising
Baking time: 30 to 35 minutes

- 2 packages active dry yeast
- 1 teaspoon sugar
- ½ cup warm water (105°F.–115°F.)

(continued)

an oat loaf with a twist



The benefits of oat bran Last year the **American Medical Association** reported that a diet **high in oat bran,** a rich source of **soluble fiber,** can significantly reduce blood cholesterol levels. How? Researchers believe soluble fiber somehow binds with cholesterol in the digestive tract, preventing it from being absorbed. How much oat bran should you consume? Experts say that you can lower cholesterol 3 to 15 percent if you eat **50 to 100 grams** of oat bran daily (⅓ to ⅔ cup) in conjunction with a low-fat diet.

Photos, Carin Riley; prop stylist, Robyn Glaser; food stylist, A.J. Bentifarano.



Delicious coffee mates

(continued) 4½ cups all-purpose flour
1½ cups plus 2 tablespoons quick-cooking oats
½ cup oat bran
2 teaspoons salt
1½ cups skim milk, warmed
2 tablespoons olive oil
1 large egg white, lightly beaten

Stir yeast and sugar into warm water; let stand 5 minutes to dissolve.

Mix flour, 1½ cups oats and the oat bran and salt in large mixing bowl. Add yeast mixture, milk and oil; beat with wooden spoon until well blended. Knead on lightly floured surface until smooth and elastic, 8 to 10 minutes. Place in lightly oiled bowl and turn to oil top. Let rise covered in warm place until doubled, 1 to 1½ hours.

Punch dough down, knead briefly and divide in half. Let rest 10 minutes.

Grease large cookie sheet. Divide each dough half into 3 pieces. Roll each piece into 12-inch rope and braid 3 ropes together. Tuck and pinch ends under. Place on cookie sheet. Cover; let rise until almost doubled.

Preheat oven to 425°F. Brush loaves lightly with egg white, then sprinkle with remaining 2 tablespoons oats. Bake 30 to 35 minutes, until golden brown. Cool on wire rack. Makes 2 loaves, 20 servings.

Nutrition info per serving: 160 calories, 6 gm protein, 2 gm fat, 28 gm carbohydrates, 233 mg sodium, 0 mg cholesterol.

OATMEAL PECAN COFFEE CAKE

Prep time: 20 minutes
Baking time: 35 minutes

2 cups all-purpose flour
1 cup quick-cooking oats
1 cup packed light brown sugar
½ cup pecans, chopped
1½ teaspoons baking powder
½ teaspoon baking soda
1 teaspoon cinnamon
1 teaspoon salt
2 large eggs, lightly beaten
1 cup buttermilk
½ cup margarine, melted and cooled

Topping
½ cup quick-cooking oats
⅓ cup packed light brown sugar
½ teaspoon cinnamon
¼ cup margarine, melted and cooled
½ cup pecans, chopped

Preheat oven to 350°F. Grease 13x9-inch baking pan. Combine dry ingredients in large mixing bowl.

Whisk eggs and buttermilk together. Add to dry ingredients with melted margarine and stir until blended. Pour into pan. *Topping:* Combine oats, sugar and cinnamon in bowl. Stir in melted margarine, then pecans. Sprinkle evenly over batter.

Bake 30 to 35 minutes, until cake pulls away from sides of pan. Cut into squares. Serve warm. Makes 16 servings.

Nutrition info per serving: 295 calories, 5 gm protein, 15 gm fat, 37 gm carbohydrates, 334 mg sodium, 35 mg cholesterol.

OAT BRAN CARROT CAKE

Prep time: 30 minutes
Baking time: 1¼ hours

1¼ cups all-purpose flour
½ cup oat bran
1 cup sugar
2 teaspoons cinnamon
1½ teaspoons baking powder
1 teaspoon salt
½ cup milk
½ cup vegetable oil
2 large eggs, lightly beaten
1 teaspoon vanilla extract
2 cups packed shredded carrots (1 lb.)
½ cup chopped toasted walnuts

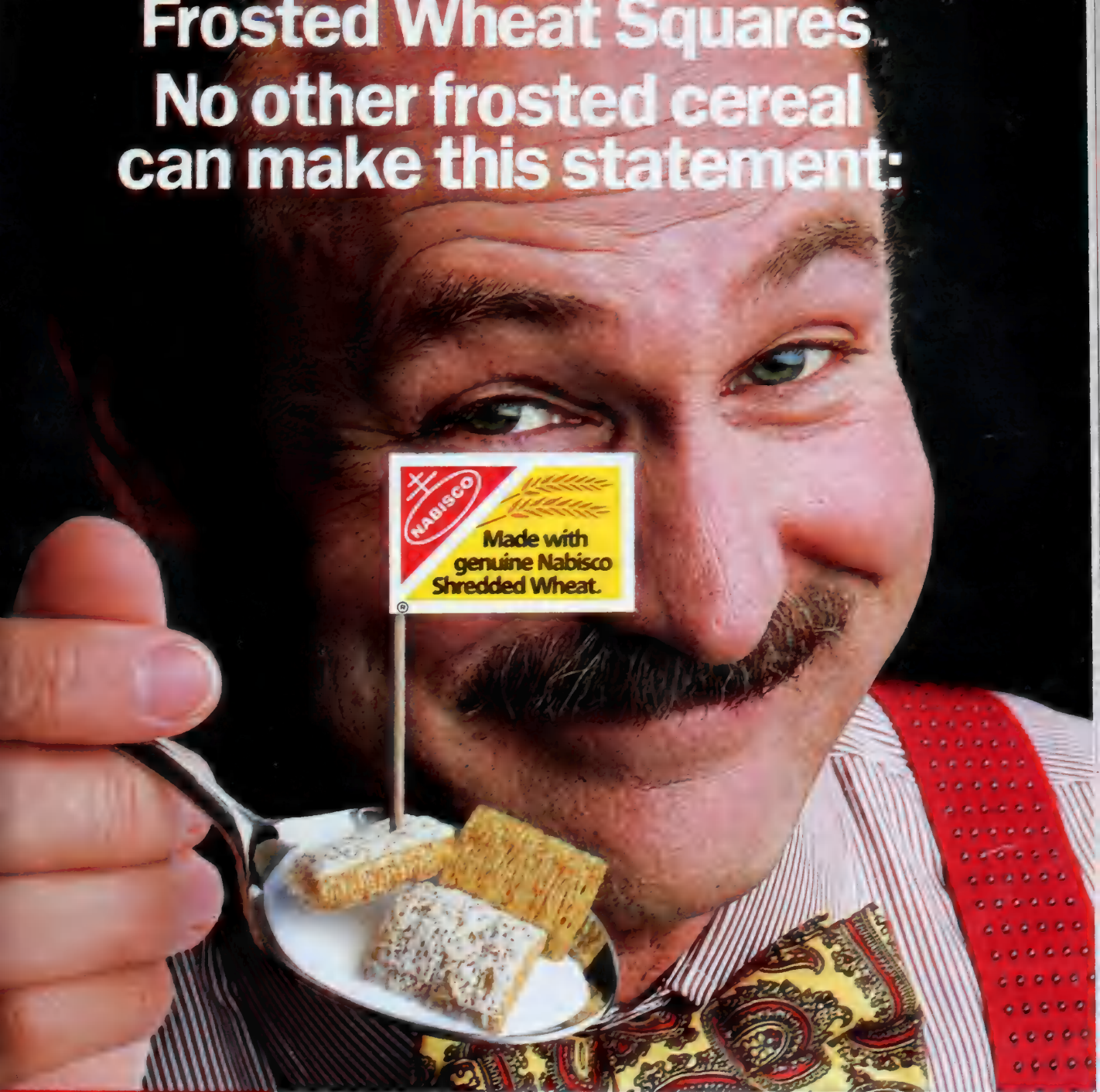
(continued)



Carrot cake with an oat-bran boost

Not all oats are alike Oat bran is produced by sifting and milling the outer coating of the oat, called the oat groat. Since most people are not fond enough of the taste to eat plain oat bran daily, it's best as a recipe ingredient. **Oatmeal** has less soluble fiber than oat bran does but is nevertheless a good source. You can use **rolled oats** (old-fashioned or quick-cooking), made by steaming and rolling oat grains, or **steel-cut oats**, produced by slicing the oat kernels into thin pieces, then processing them with a small amount of heat. All make fine breakfast cereals, although steel-cut oats have a nuttier flavor, a richer texture.

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RDA: Take two each A.M.



(continued)

Glaze

- 1 cup confectioners' sugar, sifted
- 1 ounce cream cheese, softened
- 1 tablespoon fresh lemon juice
- ¼ teaspoon grated lemon peel

Preheat oven to 350°F. Grease and flour 6-cup bundt or tube pan. Mix dry ingredients in large mixing bowl.

Whisk milk, oil, eggs and vanilla together, then stir into dry ingredients. Stir in carrots and nuts. Pour into pan.

Bake 1¼ hours, until cake pulls away from sides of pan. Cool on wire rack 10 minutes. Remove from pan and cool completely.

Glaze: Mix all ingredients until smooth. Drizzle glaze over cooled cake. (Flavor improves if cake is covered and stored 1 day before serving.) Makes 10 servings.

Nutrition info per serving: 390 calories, 6 gm protein, 18 gm fat, 53 gm carbohydrates, 329 mg sodium, 60 mg cholesterol.

DAVID'S COOKIES' OAT BRAN MUFFINS

Prep time: 15 minutes ○
Baking time: 25 minutes

- 1¾ cups oat bran
- ¼ cup all-purpose flour
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ½ teaspoon baking soda
- ¼ teaspoon baking powder
- ¼ teaspoon allspice
- 1 cup skim milk
- 1 container (6 oz.) frozen apple juice concentrate, thawed
- 6 tablespoons currants or raisins
- 2 large egg whites

Preheat oven to 350°F. Line eighteen 2½-inch muffin-pan cups with foil baking cups.

Mix dry ingredients in bowl. Stir in milk, juice concentrate and currants. Let stand 10 minutes. Beat egg whites in bowl to soft peaks. Gently fold into batter. Pour into muffin cups. Bake 25 minutes. Makes 18.

Nutrition info per muffin: 75 calories, 3 gm protein, 1 gm fat, 14 gm carbohydrates, 105 mg sodium, 0 mg cholesterol.

CHICKEN TAMALES

Prep time: 40 minutes ◒
Cooking time: 45 minutes

- 1 cup yellow cornmeal
- ½ cup oat bran
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon cumin
- ⅛ teaspoon chili powder
- ¼ cup margarine
- 1 cup plus 2 tablespoons chicken broth
- 8 ounces boneless, skinless chicken breast, cooked and chopped fine
- ½ cup tomato sauce
- 4 tablespoons canned chopped green chilies, divided
- 1 pint cherry tomatoes, chopped
- ¼ cup *each* chopped cilantro and onion
- 1 tablespoon fresh lime juice

Process cornmeal, oat bran, baking powder, salt, cumin, chili powder and margarine in food processor until blended. With machine running, pour in broth; process until blended. Let stand 20 minutes.

Combine chicken, tomato sauce and 2 tablespoons chilies in small bowl.

Cut eight 8x6-inch pieces foil. Spoon ¼ cup cornmeal mixture on each piece foil and spread into 6x4-inch rectangle. Spoon chicken mixture in strip down center of each rectangle. Fold foil, enclosing filling in cornmeal, and crimp edges securely.

Arrange tamales in single layer on rack over boiling water in large pot or skillet. Cover and steam 45 minutes, adding more boiling water as needed.

For salsa, combine tomatoes, cilantro, onion, remaining chilies and the lime juice.

Serve tamales hot with salsa. Makes 4 servings.

Nutrition info per serving: 365 calories, 20 gm protein, 14 gm fat, 40 gm carbohydrates, 1,121 mg sodium, 33 mg cholesterol. ■

Recipes developed by Lisa Brainerd, Kathy Jackette and Helen Taylor Jones.

Hot tamale! Oat bran Mexican-style



■ Yummy oat bran add-tos:

Sprinkle a tablespoon of oat bran on a cup of low-fat **yogurt** . . . Toss ¼ cup oat bran into 2 cups prepared **mashed potatoes**, 8 ounces **corn-muffin mix**, 2¼ cups **quick biscuit mix** or ½ cup **pancake mix** . . . Add ¼ cup oat bran to ¼ cup plain dry **bread crumbs**, add 1 tablespoon chopped fresh **parsley** and **salt** and **pepper**, and use as topping for cooked veggies . . . Add ⅓ cup oat bran to 1 pound **ground beef** for **meatloaf**, or add ⅓ cup to a 14-ounce **gingerbread-cake mix** . . . Stir ⅔ cup oat bran into 6 to 8 ounces **stuffing mix**

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Celebrate the season: Ham topped with asparagus simply says spring



Menu

FOR FOUR

***Ham Steaks with Asparagus and Cheese**

***Grits Pilaf**

Sautéed Cherry Tomatoes

***Ice Cream and Crepe Parfaits**

***Recipe given**

Menu by Carol Prager

HAM STEAKS WITH ASPARAGUS AND CHEESE

The asparagus cooks in the microwave, the ham steaks heat in the broiler, and dinner's on in 10 minutes.

Preheat broiler. Mix 1 tablespoon Dijon mustard, 1 tablespoon melted butter or margarine, 2 teaspoons honey and a pinch of pepper.

Arrange eight 6-inch asparagus spears in shallow 2-quart microwaveproof dish. Sprinkle with 3 tablespoons water and pinch salt. Cover loosely with plastic wrap and microwave on High 2 minutes. Let stand covered 1 minute.

Arrange 4 ham steaks (4 oz. each) on broiler pan. Broil 4 inches from heat 2 minutes per side. Brush mustard mixture over ham steaks and top each steak with 2 asparagus spears and ¼ cup grated Havarti cheese with dill. Broil until cheese melts, 30 seconds.

Nutrition info per serving: 360 calories, 28 gm protein, 24 gm fat, 8 gm carbohydrates, 1,822 mg sodium, 97 mg cholesterol.

GRITS PILAF

Grits aren't just for breakfast—try this side dish and you'll be hooked.

Stir ½ cup quick-cooking grits, 1 garlic clove, lightly crushed, and ⅛ teaspoon pepper into 2 cups boiling chicken broth in medium saucepan. Cook, stirring occasionally, over medium heat until thick, 3 to 4 minutes. Discard garlic. Stir in 2 sliced green onions and 1 tablespoon butter. Cover and let stand 5 minutes.

Nutrition info per serving: 115 calories, 3 gm protein, 16 gm carbohydrates, 609 mg sodium, 4 gm fat, 8 mg cholesterol.



ICE CREAM AND CREPE PARFAITS

The crepes can be found in the produce section of your supermarket.

Microwave 2 cups chocolate chips, ¼ cup coffee and 2 tablespoons milk in 2-cup microwaveproof measure on High 45 seconds. Whisk until smooth. Cut two 9-inch prepared crepes in half. Roll each half into a cone in a parfait glass. Drop 1 small scoop ice cream in each cone and drizzle with 2 tablespoons sauce.

Nutrition info per serving: 270 calories, 6 gm protein, 14 gm fat, 32 gm carbohydrates, 83 mg sodium, 24 mg cholesterol.



Photos, Thom DeSanto; prop stylist, Debrah Donohue.

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Vicki Lawrence



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*Time may vary by microwave oven.

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INSIDE THE JOURNAL KITCHEN

You asked for it

Dear LHJ:

While in Las Vegas two years ago, we had a wonderful breakfast buffet at the Stardust Hotel and Casino. I'll never forget the bread pudding I ate there. It would sure make my day if you could find the recipe for it.

Velma Tucker
Tulare, CA

Stardust memories

You've hit the jackpot. Here's the Stardust Hotel's Bread Pudding, created by pastry chef John Tuft. He makes it to serve three hundred!

Preheat oven to 350°F. Toast ½ pound cubed firm white bread on baking sheet until golden; cool. Soak ½ cup raisins in hot water to cover. Mix 1 cup sugar, 1 tablespoon cornstarch, 1 teaspoon cinnamon, ½ teaspoon salt and ¼ teaspoon nutmeg. Whisk together 8 large eggs in large mixing bowl, then gradually whisk in sugar mixture. Whisk in 6 cups milk and 1 tablespoon vanilla extract.

Spread toast in a 13x9-inch glass baking dish. Pour egg mixture over bread. Drain raisins and sprinkle over top. Bake 50 minutes, until top is golden and center is just set. Let stand at least 10 minutes before serving. Makes 12 servings.

recipe index

Here is a listing of recipes appearing in this issue including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

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afood shopper

Tips to help you make the most of our "Prize catch" recipes (page 166)

llow your nose

should smell clean, not fishy. ■ Shrimp should have a hint of natural e; an ammonia odor indicates deterioration. ■ Scallops smell sweet n they're good, like sulfur when they aren't. ■ Clams, mussels and rs smell clean and briny when fresh, strong when they're not.

ke a good look

s and fillets should be evenly colored with no bruises and no ning around the edges. The meat shouldn't be separating to a great ee or falling from the bone. ■ The shells of clams and mussels should osed. If they're open, tap them and they should close immediately. If don't close, they aren't fresh. ■ Uncooked shrimp are pale pink to mery gray and should look firm and plump. ■ Lobsters, crab and ish must be purchased live (unless they're flash-frozen). They should be y to snap their claws at the slightest provocation. ■ Shucked oysters d be packed in liquid that's clear, not milky.

esh vs. frozen

ood labeled "fresh" means only that it's never been frozen. It's not ssarily really fresh—it may have been out of the water for weeks. en seafood, if it was properly frozen within hours of being removed the water and kept at steady cold temperatures, can be better quality so-called fresh seafood. Thaw frozen seafood in the refrigerator—r on the counter. Or place frozen seafood in a tightly sealed plastic and hold under cold running water. Don't cook seafood from the n state; it tends to cook unevenly and its texture can be damaged.

Journal Shopping Center

BEAUTY & FASHION JOURNAL

Page 31: Top right—trousers, Donna Karan; sweater, Ballantyne; belt, Omega; necklace & earrings, Les Bernard; scarf, Coach; watch, Supre. Middle—sweater, The Limited; glasses, Colors In Optics; watch, Supre; jeans, The Gap. Bottom left—all clothes, Nicole Miller; stockings, Hanes. Botttom right—all clothes Nicole Miller, jewelry, Donna Karan at Mishon Mishon; stockings, Danskin; shoes, Stephan Kelian; sunglasses, Lunetta Bada.

Page 32: Bottom right—clothes, Nicole Miller, earrings, Patricia Von Musulin.

Page 36: Top left—clothes, Liz Claiborne; earrings, Ciro; watch, Time Will Tell; bracelet, Boyd's. Top middle—blouse, Donna Karan; bracelet, Donna Karan; earrings, Steve Vaubel. Bottom middle—jacket, Liz Claiborne; tank, Perry Ellis; scarf, John Jacobus; earrings, Cira. Bottom left—jacket, Adrienne Vittadini; scarf, John Jacobus, earrings, Encore; bracelet, Anne Klein.

Page 40: Clockwise from left—jumpsuit, OMO Norma Kamali; bracelet, Donna Karan; stockings, Hanes; shoes, Phylis Poland; earrings, Steve Vaubel. White pants, OMO Norma Kamali; T-shirt, Michael Seroy; sneakers, Keds. Jacket, Perry Ellis; tank, Patricia Clyne; skirt, Anne Klein; shoes, Phylis Poland; stockings, Hanes Sheer Shell; earrings, Steve Vaubel. Jacket, pants and tank, Byblos; earrings, Steve Vaubel; shoes, Fratelli Rossetti; belt, Ruza.

HOW WE LIVE NOW

Pages 140-141: Left, clockwise from bottom left—Nesti Mendoza; Tony Kent, Nesti Mendoza, Giuseppe Luccardi, Nesti Mendoza. Right, clockwise from bottom left—George Barkentin, Bico Stupakoff, Bico Stupakoff, Nesti Mendoza, Tohru Nakamura.

CLUTTER CONTROL

Pages 156-157: Wallpaper, no. LWP742, "Village Stripe" from the Ralph Lauren Home Collection by Motif Designs, 20 Jones Street, New Rochelle, NY 10801, 914-633-1170.

Pages 158-159: Wallpaper, no. LWP736, "Daphne" from the Ralph Lauren Home Collection by Motif Designs; armoire, Parc Monceau, 2 Riverside Avenue, Westport, CT 06880, 203-227-8887; Cagloiti Construction, 44 Pryer Terrace, New Rochelle, NY 10804, 914-633-4402.

Pages 160: Wallpaper, no. LWP724, shower curtain and café curtain, no.LFY824, "Jasmine" from the Ralph Lauren Home Collection by Motif Designs; toiletries, Caswell-Massey Co., Ltd., 111 Eighth Avenue, NYC 10011, 212-620-0900; sponge, bath tray, towel rack, The Elegant John, 812 Lexington, NYC 10021, 212-935-5800.

PRIZE CATCH

Pages 166-167: Blue glass platter, New Glass, 138 Wooster St., NYC 10012.

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KIDS AND CANCER

continued from page 143

leukemia patients were placed on an experimental regimen of chemotherapy—very high doses of a number of drugs—for two additional years. This time, Elena's leukemia went into remission and stayed there, and doctors now say she has a good chance of living a long, healthy life. "I feel great," says Elena. "But I'm very lucky."

She certainly is. Of her group of twenty-eight patients, only six are still alive. But the survival of these and other children has helped countless cancer victims, young and old. Today, because of such innovative research during the past two decades, more than half of all children diagnosed with cancer live at least five years after diagnosis. That is the point at which doctors generally pronounce patients cured; only twenty years ago, fewer than 10 percent would have reached this stage.

"The growing survival rate among children is, quite simply, the greatest success story in the entire field of cancer research," says Paul Meyers, M.D., a pediatric oncologist (cancer specialist) at Memorial Sloan-Kettering Cancer Center in New York City. By the year 2000, in fact, one adult in every thousand between the ages of twenty and thirty will be a survivor of childhood cancer—and their success will benefit future cancer patients.

UNDERSTANDING CHILDHOOD CANCER

Every year, between six thousand and seven thousand new cases of cancer are diagnosed in children under age fifteen. About 30 percent of those cases involve leukemia, cancer of the blood-forming tissues. Other relatively common childhood cancers include tumors of the brain, kidney, bone and muscle; neuroblastoma (cancer originating in nervous-system tissue); lymphoma (cancer of the lymphoid tissue); and Hodgkin's disease (cancer of the lymph glands), which strikes mainly adolescents.

Why are so many of these young patients doing so well? Breakthroughs in surgery, chemotherapy and radiation are the chief reasons for the rising childhood survival rate. But doctors say there are several factors that explain why children and adolescents tend to do better than adults.

For one thing, young bodies are in better shape to tolerate medication. Children tend not to have the underlying disorders many adult cancer patients have, such as diabetes, disease and lung problems. An side effects of treatment, such as sea and vomiting, are often less se Elena Chiesa, for example, had ch therapy every Thursday; by F night, she was eager to go roller ing with friends.

In addition, doctors say chil cancer is different from adult can many ways. Adult cancers often to develop in tissues and organs have been in prolonged contact cancer-promoting elements in th vironment—for example, ciga smoke (in the case of lung cancer fatty foods, which have been imp ed in breast and colon cancer. dren, on the other hand, says Me get cancers of the muscles, ske and bone marrow—parts of the that *don't* come in contact with ronmental carcinogens. For re doctors don't yet understand, types of cancer are more respons treatment.

Although they're pleased wit rising survival rates, doctors aren't sure why some children ge cer and others do not. But they c heredity, underlying immune s deficiencies and chromosomal a malities appear to play a role i development of some types of can

TAILOR-MADE TREATMENTS

Whatever the causes or risk fact childhood cancer, research has p ed some definite answers for its Studies first done with childhoo kemia patients showed that phys must use three key treatment s gies to cure cancer, explains Ochs, M.D., a pediatric oncolog St. Jude's. First, instead of admi ing chemotherapy drugs one at as they did in the past, doctors found it's more effective to co several drugs. Second, rather maintaining the same level of ir ty throughout treatment, doctor realized the best chance for a c the first chance. So they no cancer cells as quickly as ble by giving very intensive trea during the first few months afte nosis. Third, instead of termi treatment as soon as a patient's appears to go into remission, now continue therapy for a tim when malignant cells are no visible, because they know if th too soon, the disease may recur.

These three concepts, develo use on young patients, are now treat a wide variety of cancers tients of all ages and are credite saving thousands of lives.

But if the new treatments

ARE YOU STEAMED-UP?

"I've had it with irons that spit, splatter, spill and spot. What's the solution?"

"I find myself trying to guess when my iron has cooled down enough to iron delicates. How can I eliminate the guesswork and reduce the risk of scorching my clothes?"

"I iron everything from denim to delicates—it sure would be easier if I could match the right amount of steam to the specific fabric."

ter hope, they are not panaceas. ival still requires extraordinary age and spirit, especially among young. At an age when most kids worried about earning good es, or getting their first driver's se, these patients must cope with vastating disease—and the possi- of death.

FESAVING STRATEGY

nan Morgan, diagnosed with non- gkin's lymphoma ten years ago, at seventeen, is one of those who d surely have died if his doctors not used all the new weapons at disposal.

ter he complained of shortness of th and a swollen neck, his mother him to a local hospital in New ey. Examining the suspicious ing, radiologists discovered a tumor. On Friday, July 13, 1979, nan was rushed to Memorial n-Kettering Cancer Center in hattan.

ere, using a state-of-the-art tech- e, doctors inserted a catheter in eck to deliver radioactive isotopes rink the tumor. Norman says that t was the only time during his ss that he feared for his life. "I scared," he admits. "When they inserted the catheter, I thought I was going to die."

By the next morning, however, he was able to breathe without an oxygen mask. Five days later, the catheter was removed. Shortly thereafter, doctors started intensive chemotherapy and radiation treatments.

For the next three years, Sloan-Kettering was Norman's second home; he was admitted to the hospital seventeen times. Even when he was well enough to receive treatment on an outpatient basis, his mother often had to bring him into Manhattan seven days a week for chemotherapy—a one-hundred-twenty-mile round-trip from his New Jersey home. In the car, he would vomit into a bucket kept in the backseat for that purpose.

Norman's illness was wrenching for his entire family. "When he first came home, Norman was so weak, I had to bathe him, which he found embarrassing," explains his mother, Marion. "He'd also lost weight—and his hair—so he didn't want to see people," she adds. "Since Norman needed to rest a lot, my husband and I and our four other children limited phone calls and visits from friends."

The love and caring paid off. Norman completed treatment in 1983, and doctors say he's cured. Fit and muscular, Norman, now twenty-seven, works as a warehouseman for the Navy.

DEALING WITH THE AFTERMATH

Despite the progress being made, not all young cancer patients live happily ever after like Norman. Some pediatric malignancies are still frustratingly resistant to cure. One kind of leukemia—acute myelocytic leukemia—has only a 30 percent cure rate, while neuroblastoma is cured just 5 percent of the time, unless the child is under two years old. (Then the cure rate is higher.) Sadly, children who've had cancer once remain at greater risk for developing the disease than kids who never had it. And when a child develops a second malignancy, it's usually fatal.

Those who do survive may suffer lasting physical effects. Some cancer-fighting drugs induce infertility, and both chemotherapy and radiation have been implicated in slowing children's growth. Doctors say these growth deficits may be due to the effects of chemotherapy and radiation on cells and tissues or, perhaps, to as-yet-unexplained effects of the disease itself.

Researchers are also studying why children treated with radiation, chemotherapy or both sometimes suffer learning disabilities. *(continued)*

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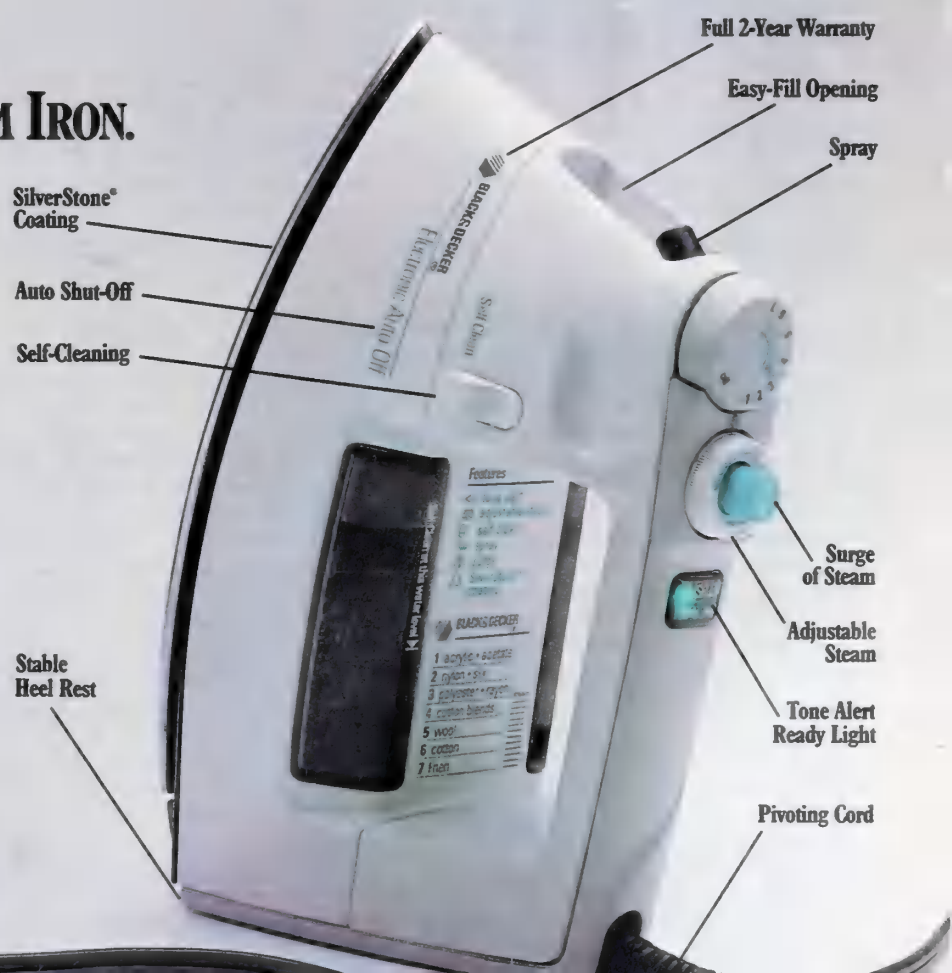
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KIDS AND CANCER
continued

They may get lower scores on IQ tests following cancer treatment; others have memory problems or difficulty writing or speaking clearly.

Even when survivors emerge from their ordeal without physical problems, they often find that cancer has changed them emotionally. Elizabeth Thompson, M.D., director of the post-therapy clinic at St. Jude's, says, "Kids whose lives have been disrupted by cancer often compare the ordeal to going off to war. Like returning soldiers, they come home to find they're different from their peers because they've had totally different experiences.

"Because they've learned early that you never know how long life will last," she continues, "many survivors want to go out and experience everything life has to offer." Some, she says, marry and have children very early. Others become risk takers. To the consternation of his parents, Norman Morgan has tried powered hang-gliding—a daring sport he never considered before his illness—and he has developed a liking for fast cars. "I rarely go under seventy-five miles an hour on highways," he admits with a grin.

The desire many survivors feel to move ahead quickly is often stymied, however, when it comes to building a career. Although employment discrimination against cancer survivors is illegal, a recent national survey showed that 45 percent of the survivors experienced such bias. Survivors are also often unable to obtain health insurance; insurers fear they'll have to pay heavy costs if cancer recurs.

POST-CANCER TRIUMPHS

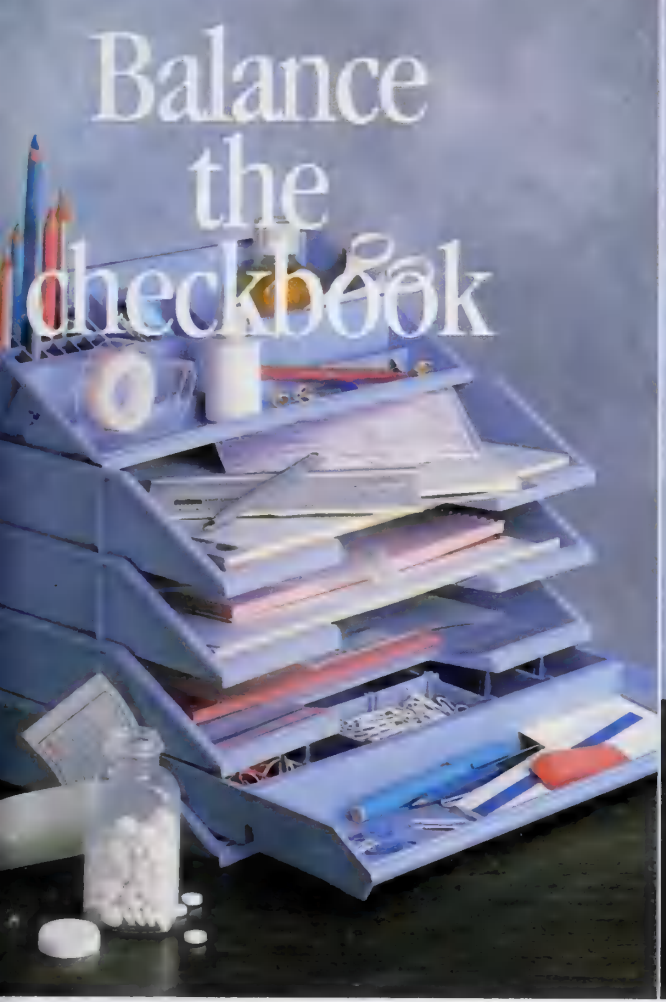
Despite such problems, most young cancer survivors come through their ordeal with a positive outlook. "People who've had cancer—as well as their families and the people who help them—learn to take each day and make the most of it," says Jeanne Dycus, A.C.S.W., L.C.S.W., director of social work at St. Jude's. "Petty things become irrelevant."

Beth Michener agrees. Now twenty-one and a student at Bryn Mawr College, Beth was diagnosed with bone cancer four years ago. Doctors managed to save her leg, replacing her knee joint with one made of metal. "Cancer changed me," Beth says thoughtfully. "I see things differently now. Lots of the other kids feel bogged down with schoolwork. I'm happy just to be alive."

"My illness made me see the im tance of enjoying myself without rying too much about how I look,' adds. "Though I sometimes w about not being able to walk as we other people, there really are more portant things in life than havir take the stairs one at a time."

Some young survivors are even to turn post-cancer disabilities int sets and rise above previous leve physical performance. Todd Sc hauser lost a leg to bone cancer v he was in the tenth grade, and he fitted with a prosthesis. Althoug felt so depressed he didn't want to his classmates, he forced himself back to school.

A year later, Todd entered a bilitation program that involves ning and lifting weights. Last Oct he flew to Seoul, Korea, to partic in the Paralympics, a series of g for disabled athletes held after the ular Olympics. There, he won the medal in the 100-meter race, cov the distance in just 15.77 second was a dream come true," he re "During the race, I didn't hear or thing. I focused only on my lane cause when I run I never look be only ahead. And that," concludes deservedly proud survivor, "is the I live my life."





W TREATMENTS, NEW HOPE

ıe medical arsenal, here are three of the newest and most ising weapons against cancer:

NE-MARROW TRANSPLANTS These procedures have significantly refined since they were first performed in the sixties. Most of the transplant recipients suffer from leukemia other serious blood disorders. (Blood cells are manufactured in marrow.)

efore doing a transplant, doctors give the patient drugs and ition in doses so high, they'd ordinarily be lethal—were it not he infusion of healthy marrow from a compatible donor, like a nt or sibling. Drugs are then given to prevent *graft versus host se*, which develops when donated marrow attacks the recipient. ot all patients are eligible for transplants, because a donor h may not be available. In some cases, an *autologous* bone-ow transplant is performed. In this operation, the patient's own ow is removed, and doctors try to kill residual cancer cells de the body. After the patient receives high-dose cancer ment, the marrow is reinfused.

NOCLONAL ANTIBODIES Made in the laboratory from cultures taken from mice, these antibodies have the ability to track down and hook onto cancer cells. Used largely to treat nts receiving autologous bone-marrow transplants, monoclonal odies may be combined with the patient's own marrow after it's been removed from the body. There, they latch onto leftover cancer cells so doctors can find them and remove them from the marrow before it is reinfused.

In other cases, where bone-marrow transplants are not done, monoclonal antibodies are used to shrink cancer tumors. This is done by using monoclonal antibodies to find malignant cells and make them "visible" to the patient's immune system, which is then sometimes able to kill them. Monoclonal antibodies may even be tagged with drugs and used to home in on and destroy cancer cells.

Although doctors began using monoclonal antibodies ten years ago, the number of patients receiving this form of therapy is still low. However, doctors say the technique may hold great promise for the future.

BIOLOGICAL RESPONSE MODIFIERS Doctors have started to pinpoint a number of compounds that help turn on the body's own immune system to fight cancer. These compounds are highly promising, since the level of chemotherapy has always been limited by such side effects as a reduction in the patient's ability to fight off infection. Sloan-Kettering's Paul Meyers says a compound called GCSF seems especially promising. When doctors give patients chemotherapy and GCSF, their white-blood-cell counts stay at healthy levels or actually increase, instead of dropping to dangerously low levels, he explains.

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JACLYN SMITH

continued from page 136

Bel-Air, which Jaclyn and her husband, cinematographer Tony Richmond, age forty-six, have been working on since their marriage in 1981. "Tony is British, and we both wanted an elegant, European-style home," says Jaclyn. "But in California it's hard to find anything besides modern. So we bought this house and turned it into our dream home." Jaclyn and Tony added Georgian arched windows, French doors and lots of marbleizing. They also transformed a barren landscape into an English country garden, with romantic walking paths and hundreds of flowers. "I love working there and watching the children play. It's very relaxing," she says.

Jaclyn's sabbatical has also given her and Tony some much-needed time together. "Marriage needs work," says Jaclyn, who was married twice before, to actors Roger Davis and Dennis Cole. "It can be difficult keeping a marriage strong in this business because you travel a great deal and are often under stress. The other marriages didn't work out," Jaclyn says wistfully. "I'm an old-fashioned girl, and I didn't believe in living with people, so I guess I married for the wrong reasons at times. This is really my first marriage, in my opinion."

Jaclyn's prepared to defend her long-awaited happiness. "You work at it. You compromise. I've never been a party girl," she adds. "I like marriage. Now we have all the ingredients that make a family life, which had always eluded me, no matter how hard I tried. This is a man who is proud of me, and I'm proud of him. We have two beautiful children. We have a partnership. Marriage changes your life. You ha this person rooting for you at all tim That gives me an inner security tha didn't have in my other marriages."

As a businesswoman, Jaclyn is a proud of her merchandising ventu with K mart. How did such a clas celebrity come to design fashions fo mass marketer? Jaclyn says, "I lik what K mart stands for—it's a fam store. I was approached by seve companies that wanted to put name on a line of clothing, but I lik K mart the best. I'm involved w everything from fabric and color sel tion, to concepts for commercials."

Besides her own line—which loyally insists she wears—Jaclyn's vorite looks are by top designers D na Karan, Calvin Klein, Valenti and Giorgio Armani. She opts for n trals—black and white, as well brown, khaki and taupe—and acce her outfits with bright accessories.

Her newest marketing venture i signature fragrance for Max Fac called California, which will launched in Bloomingdale's stores t month. Why California, a state wh signature smell is sometimes eau oil spill or l'air du smog? "I think stands for glamour, health and f spirit—it's an alluring name," she clares. And it will smell good, too was very definite about the scen like soft, powdery, feminine grances, natural scents with lots of nilla. I wanted to create a produ would wear."

After her family-life sabbatical, clyn finally returned to acting in F ruary, beginning work on an upcom TV movie titled *Bloodknot* for N Her portrayal of a depressed wo who was a victim of incest as a chil a sharp departure from her previ roles. "It's a thriller," she explains very dark story. The character i interesting to play. She suppresse painful event from a long time and it affects her personality."

As for future projects, she's hopin do a TV series with her husban producer and, possibly, some m marketing projects. "I'm too busy r now, but I'd love to do a line of she linens and towels, and also a lin children's clothes."

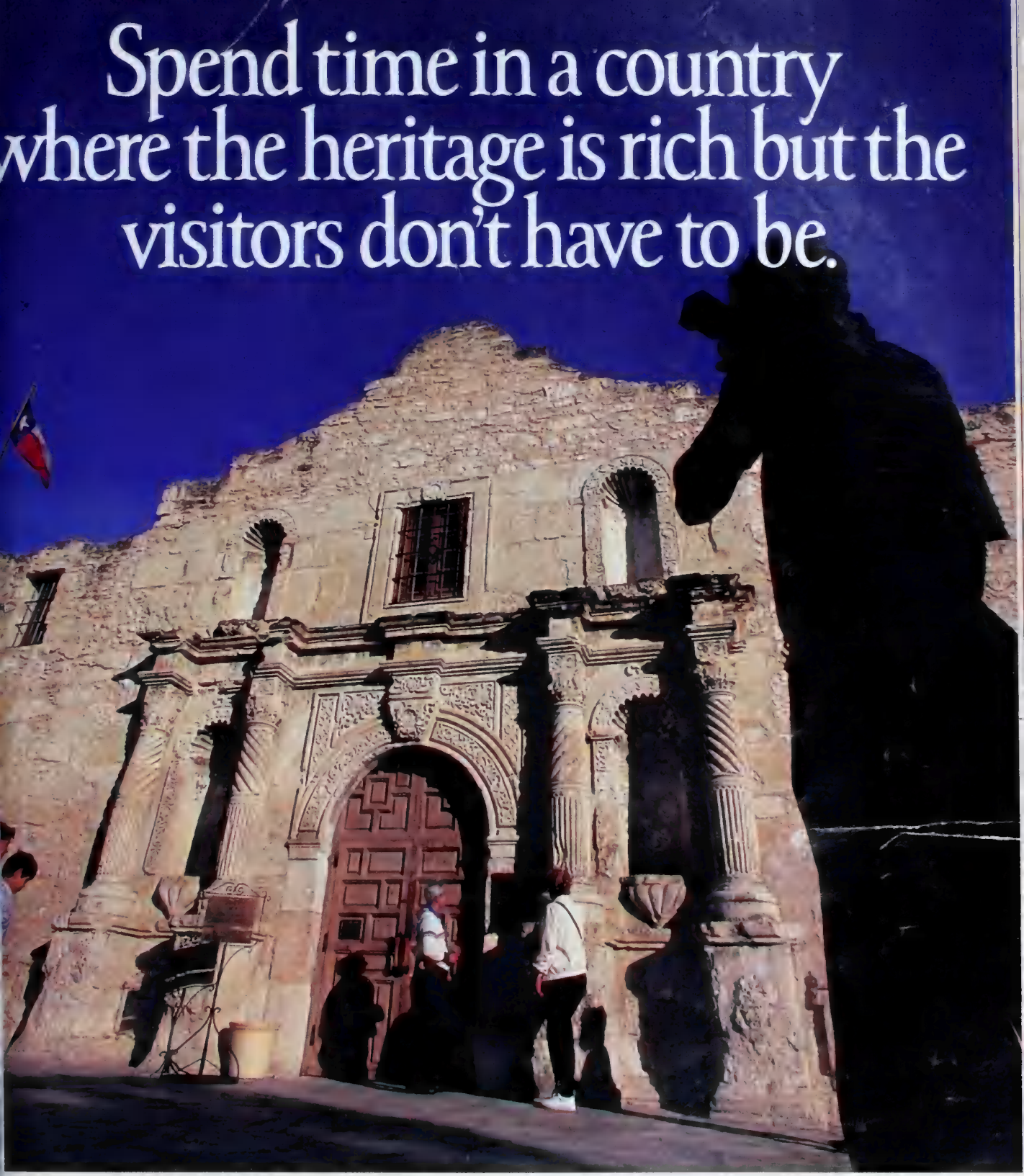
And sometime, she vows, she'll squeeze in a romantic getaway her spouse.

"We're planning that trip," she s laughing. "We're going to travel ea I've always wanted to go to Mar Vineyard. We deserve it, and we'r ing to do it!" Maybe, like Scarlett can think about that tomorro right after her next mini-series.

—By Linda Fe

Reported by Lois Joy Joh

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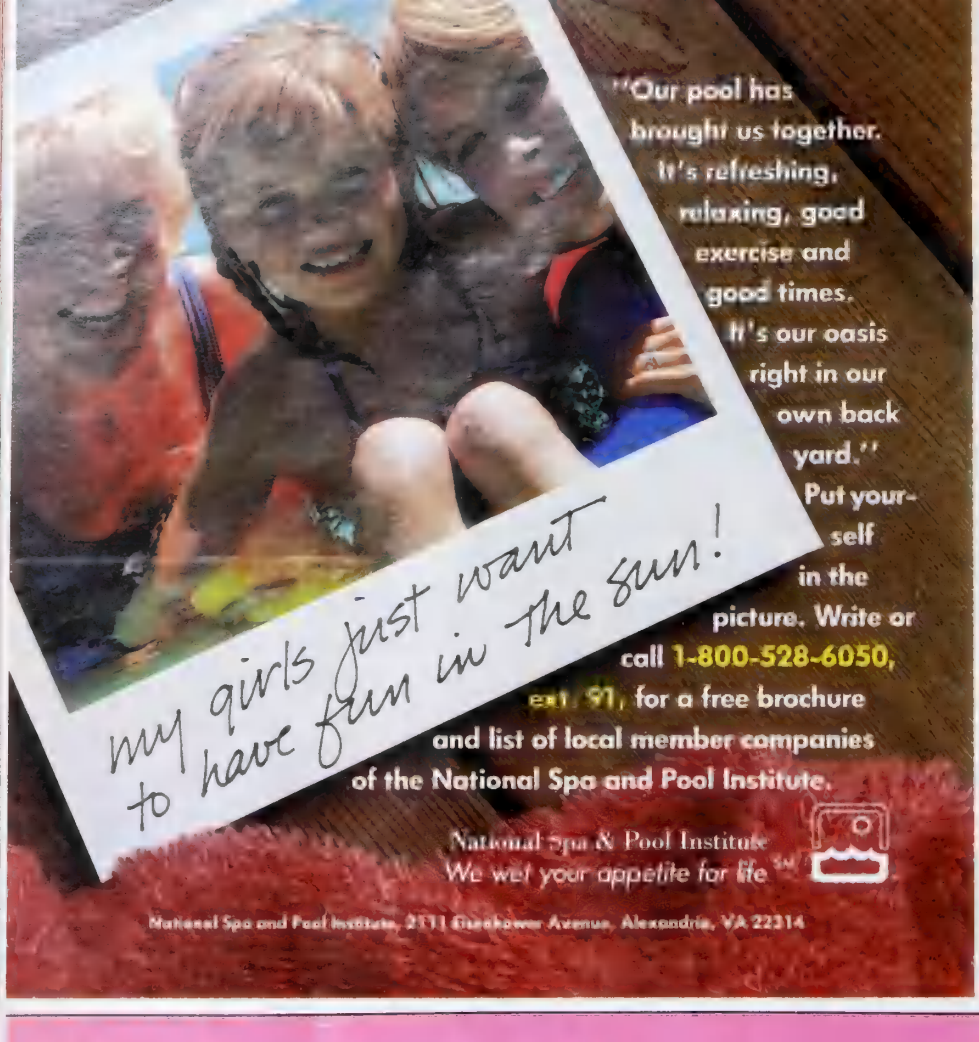
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READERS' JOURNAL

FICTION TOO CLOSE TO FACT

Of all the stories I have read in *Ladies' Home Journal*, "Waverly Place" (February) is the one that brought tears to my eyes. At night I lie in bed with both my children, thinking how many more Melindas and Rickys are out there, living as abused children. Something has to be done!

P.J. Robinson, Manchester, KY

"Waverly Place" was horrible: It was not neccessary for you to print such a story. Its contents are probably quite in line with the times, but who wants to be "entertained" by such sadness? Anyone can read about these things in a newspaper.

Merian Stork, Alexandria, VA

CHILDREN AND DEATH

I was really interested by the mothers' responses in "Parents' Journal" (January) as to whether they would let their children attend a funeral. I feel funeral services should always include children: They need this formal way of grieving as much as grown-ups do. They'll learn that it's okay to feel sad when someone dies and that it's healthy to cry. I think adults are more scared of funerals and other things related to death than children are. Children will take it as it comes—provided we don't instill them with our own fears.

Catherine Henslee, Ingleside, IL

COUNTING CALORIES

After not reading *LHJ* for a long time, I discovered that you now list nutrition information after all your recipes. Wonderful! I particularly like some of the simple stir-fry, pasta/seafood and quick-to-prepare recipes. Thanks for understanding a reader's changing needs.

Karen K. Harris, Highland Park, IL

FINDING FAULT WITH DIANA

After reading Anthony Holden's "Char and Diana: portrait of a marriage" (Feb ary), it would seem the major fault Diana is immaturity—not an endearing for the woman who will one day sit on throne of England. Poor Charles.

Kathryn D. Rees, Ames,

EIKENBERRY'S VICTORY

I am writing to tell you how much I enjoy and empathized with "A triumph of lo (January), Jill Eikenberry's story about breast cancer. I did not have a cho about my surgery and had a modified ra cal mastectomy. I really appreciated tha made clear how scared you are and h you don't get better just overnight.

Linda Glandorf, Homestead,

LHJ believes breast cancer is one of greatest health threats facing Americ women today. We are offering a repr of our special report on breast can which appeared in the November 19 issue. Send a stamped, self-addres envelope to Department BC, Lad Home Journal, *100 Park Avenue, N York, New York 10017.*

YOUTH NOT WASTED ON THE YOUNG

Your article on daily de-aging (January one of the best stories I have read in y magazine. I am over sixty-five, but r people think I am in my fifties becau have worked toward looking youn Keep up the good work.

Viviene Smith, Bristol,

If you have any comments about I send your letter, preferably typewri to LHJ, *100 Park Avenue, New Y NY 10017.*

GIVE US A CALL

Our first reader call-in days were qui success, and we want to keep hearing you. The next call-in day will be Wed day, April 5, from one P.M. to four eastern time. We'll have some of our g al editors on hand to answer ques about the *Journal* and to hear your opin The numbers are: Executive Editor Langway, 212-351-3681; Articles Edito da Peterson, 212-351-3683; Senior Jane Farrell, 212-351-3682; and Assi Managing Editor Nina Keilin, 212-351- (Remember, you pay for the call.)

TRAVEL JOURNAL

TULSA TRAVELOGUE

u're a fan of the great Rodgers and
merstein musical *Oklahoma!*—
who isn't?—there's nothing quite
viewing it under the stars in its
esake state. The annual summer-
production of the show at Disco-
land, an amphitheater ten miles
Tulsa, draws 100,000 people ev-
year. The huge amphitheatre—it
s two thousand—is the perfect set-
for this unique bigger-than-life
ion of the musical. The stage is the
of four tennis courts, and the set—
houses, shed and barn—is full
, which is a good thing, because
production uses real horses to draw
surrey with the fringe on top." Even
location is authentic—Discovery-
is only forty-five miles from the
al setting of the story.

he play is performed only in June,
and August (no shows on Sun-
Saturdays are always sold out, so
ure to reserve ahead. Tickets are
for adults and $7 for children; you
get a barbecue dinner before the
for $6.50 ($4.50 for kids).

nce you've made it to town for the
, you won't be disappointed. Tulsa
ll of surprises. This not-so-little
(population 360,000) in this not-
at part of the state has something
everyone: skyscrapers, shopping
ers, museums, lakes, ranches,
tern bars and home-style restau-
s.

he first thing that strikes a visitor
ulsa is how green and fresh every-
g is. Tulsa—unlike its drier, more
ern counterpart, Oklahoma City—
urrounded by rolling hills, and
e are more than thirty lakes with-
hour and a half of downtown.

he city was founded in the twenties
ilmen from New York and Penn-
ania, and although the city's oil
omy is no longer what it once was,
rchitecture reflects its early citi-
wealth. Tall white office build-
are everywhere, along with a
ora of art deco architecture.
e are more than twenty buildings
at grand style downtown alone,
e rich with marble floors and terra
details. Probably the most mag-
ent example is the Boston Avenue
ed Methodist Church, built by one
e Southwest's most famous archi-
, Bruce Goff. Also of interest is the
n Depot, a sandstone building of
Mediterranean art deco style.

Where there's oil, there's art," Oklahomans are fond of saying, and the saying holds true in Tulsa. The Gilcrease Museum, for example, is known for its Western art collection. Two highlights are the sensitive field studies of Indian life made by painter George Catlin, who was friendly with more than one hundred tribes; and the bronze statues of Indians and cowboys on horseback sculpted by that quintessential Western artist, Frederick Remington. One of Remington's most famous casts, "Coming Through the Rye," is housed in the museum.

Another museum of note is the Philbrook Museum of Art, an example of Italian Renaissance architecture built in 1927. The museum's sloping garden, with its zigzag hedges, pond and gazebo, is strikingly beautiful; inside there is an elegant multicolored dance floor lighted from below and flanked on one side by a fountain.

Perhaps the most unusual item in the museum is the world's most expensive basket (valued at more than $500,000), created by an Indian woman artist named Dat-so-la-lee. Made of willow and redbud bark, the large coil basket took sixteen months to complete.

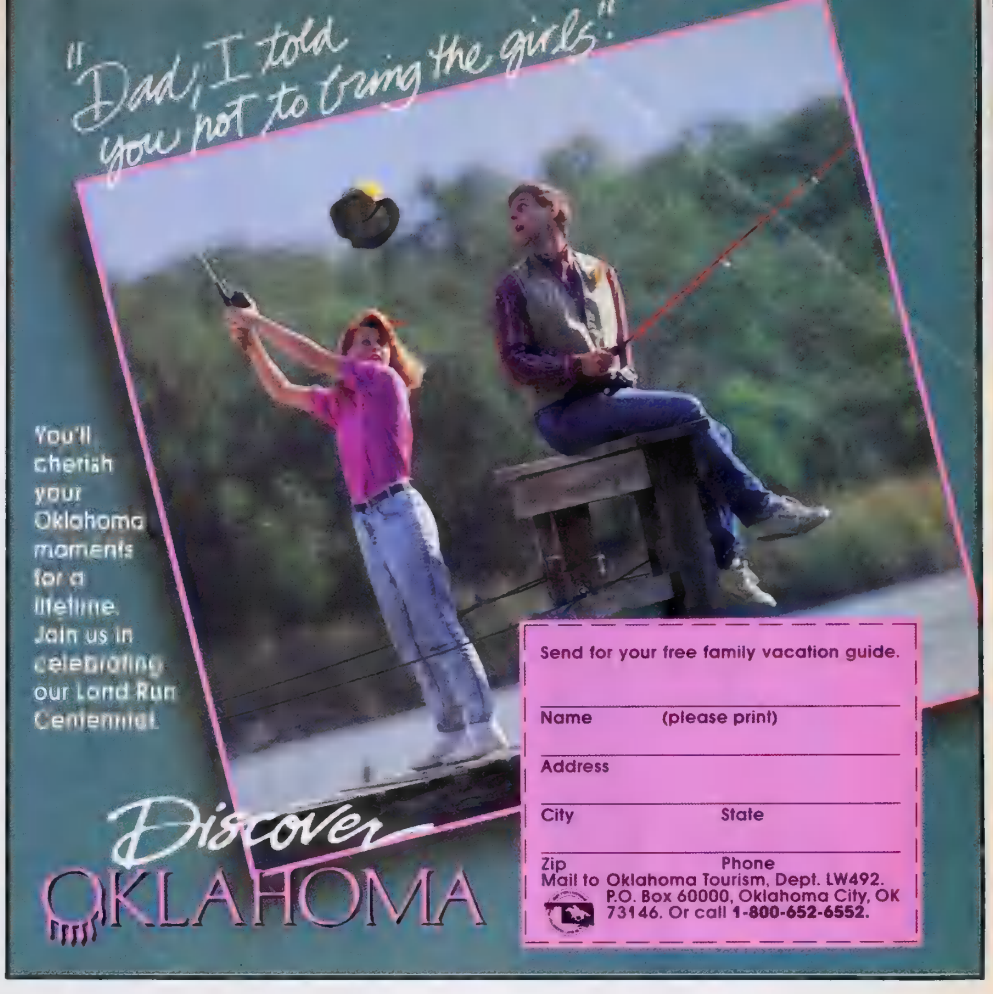
In addition to its oil barons and art lovers, Tulsa has a large Indian population. Six percent of Oklahoma's three million inhabitants are native Americans, and the eastern half of the state was once Indian Territory, set aside by the U.S. government for the Indian tribes.

It was to Oklahoma's Indian Territory that the Cherokees from the Southeast were forcibly moved in 1838 in what is now known as the Trail of Tears. Four thousand men, women and children died in that year-long ordeal.

Much of the land around Tulsa is still owned by the Indians (unlike other areas of the U.S., Oklahoma has no reservations). To get a feeling for Indian life, visit the modern Cherokee city of Tahlequah and the reconstructed Cherokee village of Tsa-La-Gi, both about an hour by car from Tulsa.

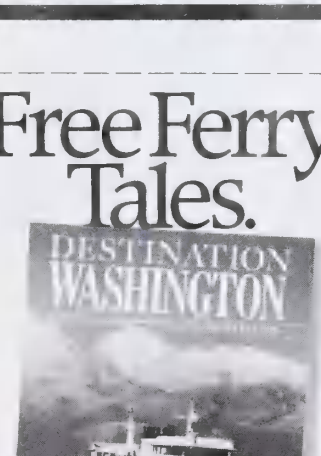
Finally, if you've a hankering to learn more about another famous Oklahoman, you'll want to visit the Will Rogers memorial in nearby Claremore, a moving tribute to the noted humorist/pilot/rodeo star. Rogers and his wife, Betty, are buried at the memorial, built in 1938 by the state. Among the memorabilia at the museum are a saddle collection, original manuscripts and videotapes of Rogers's films.

For more information about Tulsa, contact the Tulsa Chamber of Commerce, 918-585-1201.—CHRISTIANE BIRD



TRAVEL DIRECTORY

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TRAVEL JOURNAL

SAN ANTONIO FIESTA!

The flavor is distinctly south of the border. Frosty margaritas flow freely at any of a number of outdoor cafés. Mariachis, their black sombreros almost overshadowing the guitars that they strum, set the musical mood. Shoppers and sightseers stroll through the colorful plazas and side streets as they admire gift items and curios from all over the world. Piñatas and pearls, bangles and baskets, flowers and fashion, they're all to be found at San Antonio's Market Square, the largest Mexican-style marketplace in the United States.

Located just a ten-cent streetcar ride or a ten-block walk from the city's historic Alamo Plaza, Market Square is host to over a million visitors each year who come to browse through beautifully restored shops and boutiques, join in any one of a dozen yearly fiestas, sample the outstanding restaurants, and get a taste of the Hispanic culture for which San Antonio is so well-known.

Public markets, where craftsmen and tradesmen gather to sell their wares, have always played a vital role in the culture of our ninth largest city. Market Square, located on the site of San Antonio's first public market, recaptures much of the atmosphere of days gone by.

From morning until late in the evening, especially on summer weekends, Market Square bustles with activity. Much of it centers around El Mercado, a carefully restored air-conditioned shopping area. Besides food, El Mercado offers thirty-two specialty shops, which sell a variety of merchandise not often found in one's hometown—hand-tooled leather goods, handcrafted gold and silver jewelry, painted eggshells and ceramic parrots, ashtrays and chess sets made from black and pale onyx, handwoven cotton hammocks, multicolored baseball bats and Mexican dresses and toys, and decorations made of papier-mache.

The most interesting, perhaps, is Artes Metalicas, where owner/designer Jake Flores creates sculptures of abstract and contemporary designs in gold, brass and copper. His sunbursts and leafy branches have already become collectors' items.

Across the street from El Mercado is a farmers' market, a building where farmers sell their produce directly to the consumer. Early-morning visits are a treat for the senses as local farmers, always generous with samples up their stalls of fresh melons, p yas, pineapples, giant cucum sweet tomatoes and fiery chili pep Plants and fresh flowers abound, pecans, honeys, even gourmet items, such as fajita seasonings, sas, spices and jalapeno jellies.

Restaurants are also a major at tion at Market Square. Not ever knows that San Antonio is the Ar can home of chili con carne. That famous hearty concoction of m beans and spices was first introd there in the early 1800s by y women—beautiful, bantering, but tuous, according to one histori known, appropriately enough, as Queens. It should come as no surp therefore, that chili is a specialty a of the informal and reason priced restaurants that dot main plaza.

La Margarita, known for mamm servings of its namesake drink, is popular for its sizzling marinated and chicken fajitas. Down the st Mi Tierra Cafe and Bakery, twenty-four hours, serves superb vos rancheros and delicious Mex candies, pastries and coffee. And can't go wrong with the nachos, t les and enchiladas served in m of the cafés and cantinas in area.

Back to browsing and bu Tucked between the souvenir an rio shops surrounding the squar discoveries such as the Tequila (202 Produce Row), three floors lected art from thirty-eight coun You'll find everything from exoti elry and Egyptian art on parchme coasters and place mats from Eng

Rivera's Chile Shop (109½ S Concho Street) is the only one kind in Texas. Everything in stoc an association with chili peppers. one can find anything from buncl the real thing to chili peanut b and chili sauces, aprons, napkins tionery, greeting cards, table li pottery, T-shirts with chili de potholders shaped liked chili pe piñatas shaped like chili peppers boxer shorts . . . for those who l hot!

A few doors down, Casa Decor place for designer fashions and sories from Central and South A ca. The designs are unique, man ated by the owner herself.

One of the city's leading galle contemporary and Southwester the Dagen Bela Galleria, is also ed a block away from the M Square's central plaza.

For more information, conta Convention and Visitors Bureau 299-8123. —TANIA GROSS

TRAVEL JOURNAL

NEBRASKA TREASURES

raska tourist people knew that In-tate-80 travelers often whizzed ugh the state without looking nd. So what did Nebraska boost-do? They erected contemporary ptures at rest stops and deemed project a five-hundred-mile-long pture garden. As we drove down I-ast summer, the sculptures inter-d us enough to venture farther the countryside and discover some r extraordinary treasures.

n a windy July afternoon, we sed old brick streets in downtown rney, noting the nineteenth-centu-ates on the tall storefronts, and d the Museum of Nebraska Art in gnified former post office. About miles west of Omaha on I-80, this eum displays only Nebraska art-and Nebraska-theme art. Inside, ges of weatherworn faces, strong lders and hands dominate works William Henry Jackson, Aaron , Grant Reynard and George Lun-. So minutely detailed are Lun-'s sculptures that a life-size ze of a girl on a porch swing looks she might speak.

so in the collection are several oils obert Henri, a leader of the Ash-School of artists, so named because subjects were often ashcans and r everyday things. Henri spent his ger years in Nebraska known as rt Cozad; and in the town of Co-named for his father, about fifty s west of Kearney on I-80, we ht a glimpse of those years at the rt Henri Museum.

enri's father, John, "was often at with people," said Faye Chitten-a Cozad resident who welcomed o the museum, which used to be 's inn, the Hendee Hotel.

we walked through the well-pre-ed lobby and dining room, Chit-en recounted an argument be-n John and a man named Alfred son in 1883. The disagreement got of hand, and John shot the man. n Pearson died two months later, d quickly left town.

l immediate family members ged their names, and in this way rt Henry Cozad became Robert ri. He moved to the East, studied all over Europe and returned to le America with his dramatic capes, portraits and landscapes.

e Hendee Hotel's veranda runs ength of the long building. Beyond brick walkway banked by pink white hollyhocks leads to a tree-shaded park and three other historic buildings—a church, school and furnished pony-express station.

These stations played a big role in the state's history, as did the Overland Stagecoach route, the Oregon and Mormon trails, and a thriving fur trade in Pine Ridge country. On the banks of Bordeaux Creek, near Chadron via U.S. Route 20, a trading post operated from 1837 to 1876.

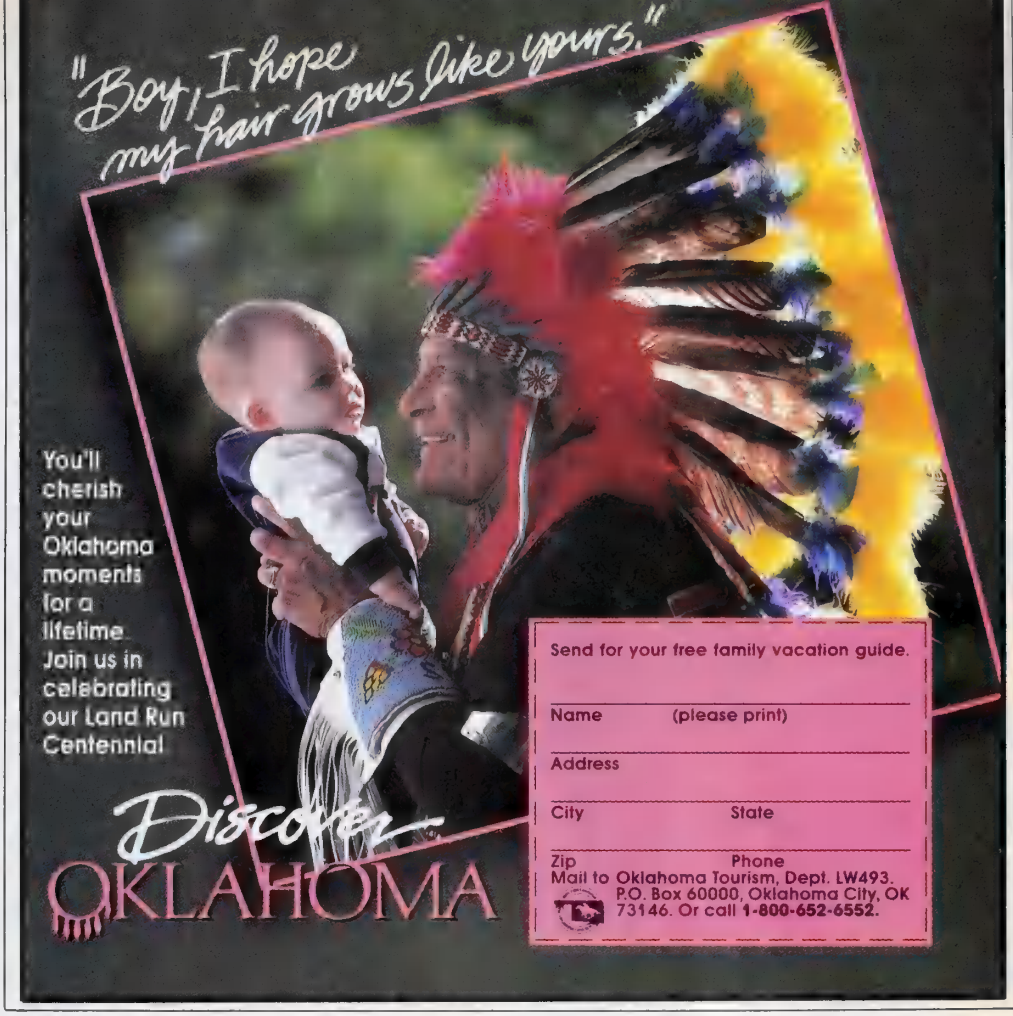
On our morning visit, a rooster crowed in the countryside as we followed a path to the trading post. It was stocked with goods to trade to the Indians for their furs. Powder horns, tobacco, trade beads, knives, steel arrowheads, mirrors and wool cloth are but a few of the wares on display.

Entry to the trading post is through the adjacent Museum of the Fur Trade. In this most amazing place, the entire history of fur trading is laid out before your eyes. There's a chronological account, plus exhibits of clothing, traps and personal possessions of British and Spanish traders on the plains in the nineteenth century. Historic trivia abounds: One display discloses that in 1800 a good buckskin was worth a dollar, which is how a dollar came to be called a buck. There's also a collection of guns made for the Indian trade (1750 to 1900) and a research library.

There is much to explore in the picturesque Pine Ridge country, too. At Fort Robinson State Park, about thirty miles west of Chadron on U.S. 20, the Trailside Museum offers geological history and half-day geology field trips. In addition, the 22,000-acre park sponsors a complete recreation program, including Jeep rides into the hills and rodeo events. The fort was often the site of confrontations with Indians and was used as the Olympic equestrian training grounds and a prisoner-of-war camp. There are also fort buildings dating from 1874 to 1909 and an interpretive museum. A lodge and an inn provide rooms and meals, and campsites are available.

Our brief sampling of Nebraska's attractions was an eye-opener. Of course, we passed up a lot, but on our next trip through the state, we'll launch another treasure hunt. Nebraska's rich mix—grassy plains and sandhills cattle country, ridges and sandstone buttes, irrigated fields, canyons and history—adds up to even more than a five-hundred-mile-long sculpture garden. —ALICE M. VOLLMAR

For complete visitor information, contact Nebraska Travel and Tourism Office, P.O. Box 94666, Lincoln, NE 68509 (in Nebraska, 800-742-7595; all other states, 800-228-4307).



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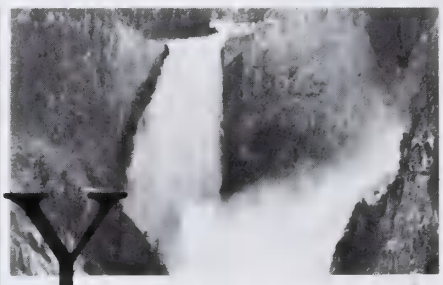
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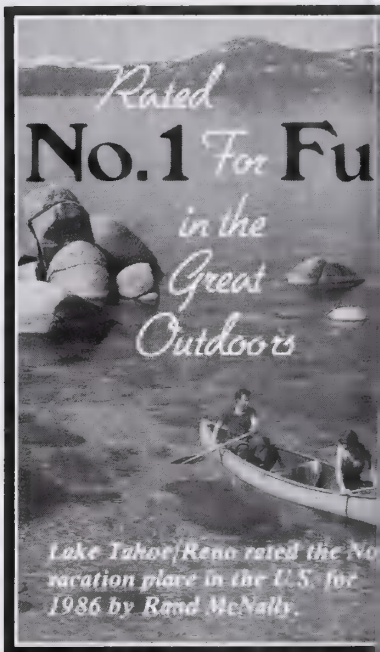
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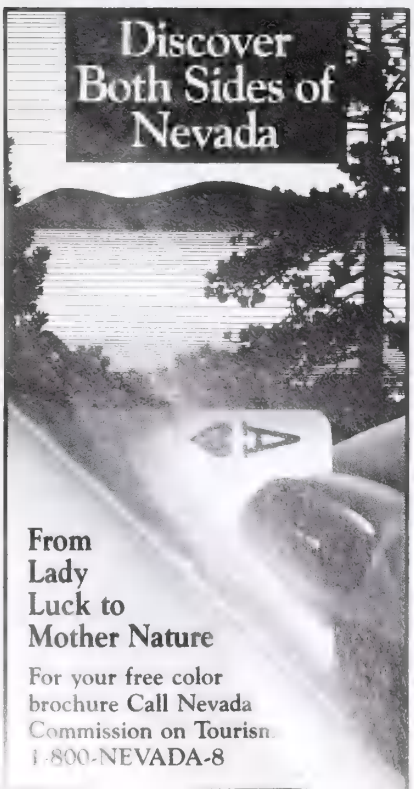
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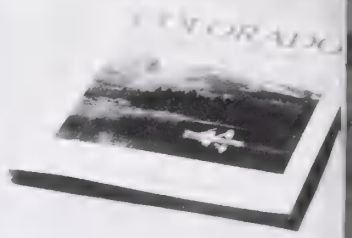
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TRAVEL JOURNAL

I SEARCH OF THE WILD WEST

vestern Nebraska you can still find lence of wagon trains; tourists pour here in search of the spots that ped America's heritage.

hree of these places are along the Oregon Trail: Fort Kearny, where tors find a combination of history camping; North Platte, home to falo Bill's ranch; and Scotts Bluff, promontory that marked the end of "great American desert," as the neers called the high plains.

ort Kearny was built on a military ervation in 1848 to protect govern- nt explorers and civilians in search ew homes and dreams. Today this ervation includes a historic site and ne-hundred-fifty-acre recreation area n eight lakes on the property. On historic are a museum and the fort that Congress in 1847 or- ed to be built "near Grand Island, ere the road to California encoun- the Platte River."

ccording to Ranger Hunt, a guide the fort, Fort Kearny helped by ding soldiers and guards out with stagecoaches. Also, at the fort, ghting and emigrant trains were d up until large enough numbers nered to defend themselves against ians as they made their way west he Oregon Trail.

slide show in the visitors' center orient you to all the history con- ted to the fort. If you decide to p on the grounds, make a trip to Platte River, where each spring world's largest concentration of dhill cranes congregate nearby, at- cting birders from afar who love to dy their mating dances. At night, as bed beneath the cottonwood trees t the soldiers planted back in the 0s, you should feel part of the jour- s that changed America.

arther up the Oregon Trail, about niles, is North Platte and the home William F. Cody, aka Buffalo Bill. v a 258-acre state historical park, land includes Scouts Rest, the h where the ex–army scout would valesce in between his hectic sched- of Wild West shows.

n display in his luxurious eigh- -room Victorian mansion and col- l show barn are mementos of y's career as an army scout, Indian ter, buffalo hunter and Wild West v promoter. Prized objects include its, guns, photos and saddles.

ou can experience Buffalo Bill's l West show by viewing twenty utes of rare film taken by Thomas Edison in 1898. The video show is held in the barn, which was set up in 1887 to hold one hundred eighty horses.

After getting steeped in Cody lore, you can help yourself to a kettle of buffalo stew bubbling over a fire. (It's $4.50 for an adult portion.) With your corn bread and iced tea, you can sit on a hay bale and chow down.

After dinner plan to stay for the cowboy sing-a-long. There is a nightly rodeo, too, that you can attend for $4. If you arrive at the ranch around 4 P.M., you can easily visit all the buildings, be ready for supper at 6 P.M. and get to the rodeo by 8:30 P.M.

To get to Buffalo Bill's, take U.S. 83 off I-80 in North Platte. Go north to U.S. 30 and west to Buffalo Bill Avenue. The ranch is open every day April through October. Admission is free, but you will need a $2 Nebraska state permit to enter.

About one hundred eighty miles from the Buffalo Bill attraction in northwest Nebraska is the final Oregon Trail marker, an eight-hundred-foot sandstone promontory called Scotts Bluff. It marked one third of the tortuous trail that more than a quarter million people traveled from 1841 to 1869, searching for land, religious freedom and gold.

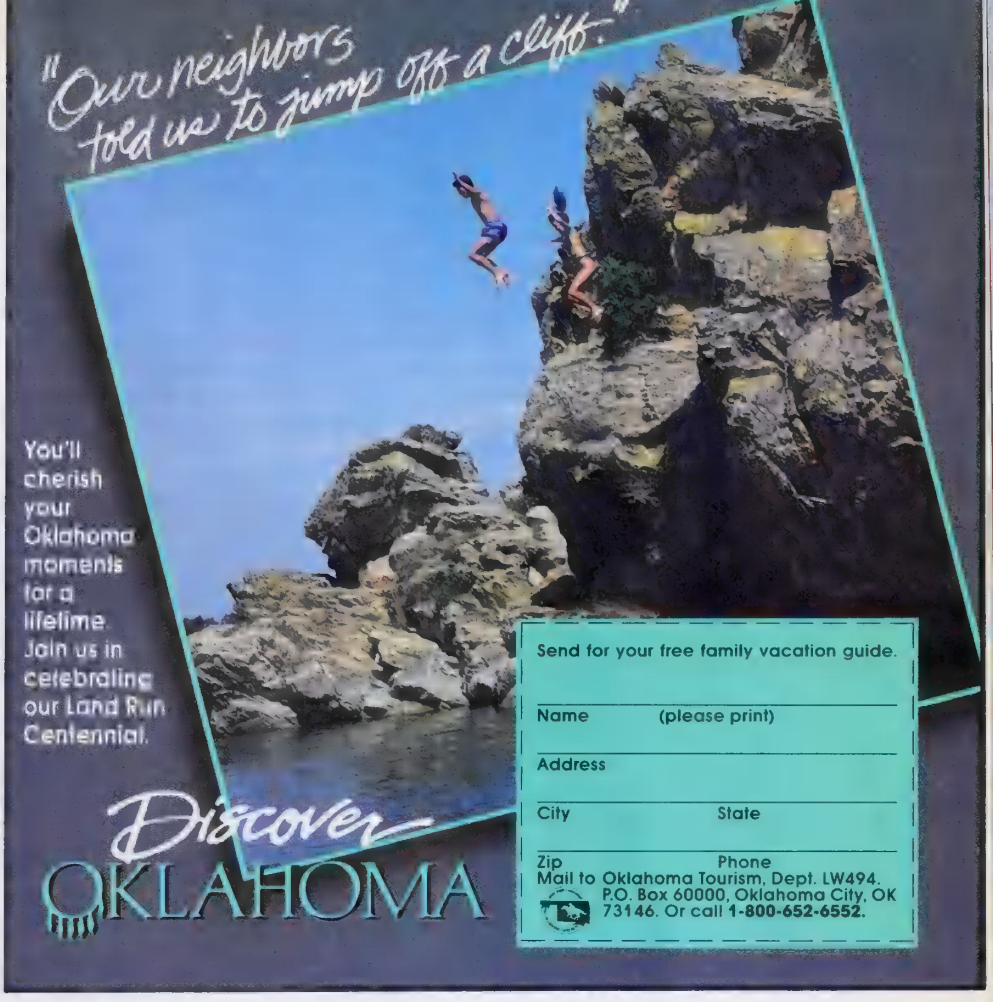
Today, as you stand on Scotts Bluff and listen to a ranger relate historical facts while he points to the vastness of the lowlands, you are one of those early travelers. And you can't help admiring their heroic struggles against violent winds, river crossings, quicksand, Indians, cholera and buffalo stampedes. All the while they were pulling a ton and a half of their personal belongings in a ten-by-four-foot canvas-topped wagon.

From the top of these golden-brown cliffs, you can see the Oregon Trail snaking west, its deep wagon ruts cutting through the otherwise flat prairie.

Visitors to the area can take their own ride out onto the prairie in an authentic covered wagon. If you're up to it, you can bunk on the range overnight and eat several meals on the trail. For more information on authentic wagon rides, contact the Oregon Trail Wagon Train at 308-586-1850. To find out more about Scotts Bluff, write to the Scotts bluff/Gering United Chamber of Commerce, Box 1350, Scottsbluff, NE 69361.

For further information on Fort Kearny, write Superintendent, Fort Kearny, Route 4, Kearney, NE 68847.

For more details on the Buffalo Bill Ranch, write Superintendent, Buffalo Bill Ranch, Rural Route 1, Box 229, North Platte.) —ROBERT ANDERSON



GREEN THUMB JOURNAL

Do-it-yourself plants

Propagation—starting new plants from old ones—is one of the most enjoyable and satisfying hobbies of houseplant gardening. Who wouldn't delight in watching tiny stems and leaf cuttings mature into full-grown plants, especially when they're a cinch to care for?

Two of the nice things about propagating on a small scale are that the plants take up little space and you can grow them just about anywhere in your home: the kitchen and bathroom, for instance, are usually the right temperature and humidity for the plants.

For best results, keep your baby plants in a moist atmosphere until they've developed vigorous roots, and keep them out of direct sunlight.

There are five principal methods of propagating: by taking cuttings (tip, stem or leaf); by air layering; by dividing roots or crowns; by separating suckers or offshoots; and by sowing spores or seeds. A good rooting medium for your new plants is a mixture of equal parts peat moss and vermiculite or perlite. Here's how it's done.

■ **Tip cutting** Make a sharp diagonal cut 2½ to 3 inches long from the tip of a stem just below a leaf joint. Remove the lower leaves, and insert in a moistened rooting medium. For best results, dip the cutting in a rooting hormone before inserting it into the soil. Cover the plant, and pot with a plastic bag or with glass to retain moisture, and keep the cuttings at 60°-70°F.

■ **Stem cutting** Some plants, such as the arrowhead plant, Swedish ivy and starflower, root from stem cuttings. Stems are cut into pieces and inserted into the rooting medium. When the leaves appear and have reached about one-half the size of the stem, the cutting is ready to be transplanted.

■ **Leaf cutting** Cactus, African violets and succulents will root from leaf cuttings. Depending upon the plant, you either place the leaf stem in the rooting medium or make slits in the leaf and lay it on top of the medium, covering it with glass or plastic. Let the leaves of succulents or cactus dry out before putting them in the rooting medium.

■ **Rooting in water** Some plants, such as impatiens and wandering Jew, will root easily in water. Simply place the cuttings in a glass of water, and w for the roots to appear!

■ **Air layering** This method works thick-stemmed plants such as rub tree, dumb cane and corn pla among others. Make a slanting halfway through the main stem, more than four inches from the tip. Insert a toothpick or other objec keep the cut open, then wrap m sphagnum moss around the area of cut. Wrap a piece of plastic around moss, securing it firmly. When roots appear, cut off the new plant below the plastic and repot it. E this new plant and the main pl should grow normally.

■ **Division** Division only works on pl such as dahlias, ox-tongue plant, can violets, spider plant, butt palm, Boston and lily fern, and sp phyllum. All you do is divide plants in the spring, making sure each division has its proper sha roots, and place each one in a about 2 or 3 inches longer than new plant's root ball.

■ **Propagating by plantlet** Spider plant piggyback produce baby plants plantlets, and all you need to do is these babies a place to root. S plants, such as amaryllis and br

They must be having something special at Trace

ls, produce offshoots; again, sepa-
e the offshoot from the parent plant
l pot it.

eed propagation Seeds are readily
ilable through catalogs, garden
ters and nurseries. Sprinkle your
ds on a layer of sphagnum moss or
t, cover with glass or plastic and
them in bright light (but never di-
sun).

pores During spring and summer,
ns produce spores on the undersides
heir fronds. (The black spots you
are spore cases.) To try propagat-
these, put a frond with black spore
es in a paper sack for a week. The
s will dry and release the spores,
ch look like gray dust against a
te background.
ill a shallow plastic pot with an
al mixture of potting mix and peat,
in a saucer of water, pour the gray
on top, cover with plastic, and
t for the ferns to grow. It takes
e, so be patient; when you see what
s like green slime, the ferns are on
r way. Once the ferns are an inch
pot them individually.

Answers to your questions

*What are the ideal conditions for
ving azaleas?*

A. The most important factor is an acid soil with a pH of 5 to 6, which is well drained and fairly high in organic matter. It's always best when planting to simulate natural conditions, and this is the natural environment for azaleas and the whole rhododendron family. Because azaleas are shallow rooted, choose a planting site that's close to water.

Q. *What time of the year should I start cuttings of spruce trees? I've had good luck with redwood and Nobel fir.*

A. Take your cuttings in late August, and plant them about 1½ inches apart in boxes of firmly packed sand, no more than 4 inches deep. Water thoroughly, then cover box and cuttings with polyethylene film. Keep them in a cold frame until the temperature drops to freezing, then place them in a cool, frostproof area for the winter. If the cuttings are tightly covered by the film, they may only need watering once a week or less.

Q. *I live in the San Francisco area, and I have poison oak growing all around my property. Its roots are deep. How can I get rid of it?*

A. Poison oak is similar to, but more toxic than, poison ivy. (Poison oak has large oaklike leaves; poison ivy doesn't.) Your best bet is to spray or paint the affected areas with a herbicide called Round-Up. But use caution: Read the directions carefully before diluting the concentrated solution, wear protective gloves while handling it and wash your skin and clothing thoroughly after each application. The cooperative extension service in your area can also advise you. I suggest you look it up in your library and give them a call.

Q. *Do ponderosa pine trees and Douglas firs produce cones and seeds during a dry year?*

A. No.

Q. *My philodendron selloun's leaves are drooping, even though I've been careful not to overwater. What's wrong?*

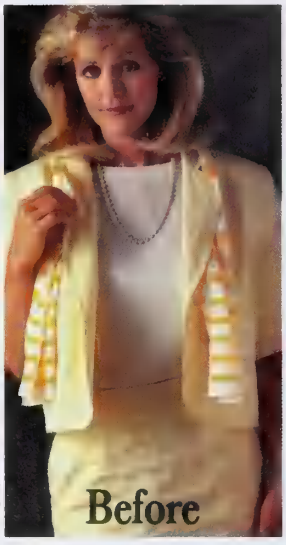
A. These plants are very sensitive, as a rule. You might be using too much fertilizer; it only needs light feeding once every two weeks. If you haven't been overfeeding, then try giving it direct sunlight all day. —C.Z. GUEST

For a personal response, send your gardening questions or comments with a self-addressed, stamped envelope to C.Z. Guest, LHJ, 100 Park Avenue, New York, NY 10017.



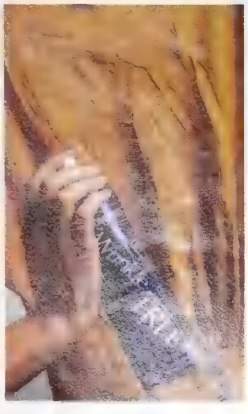
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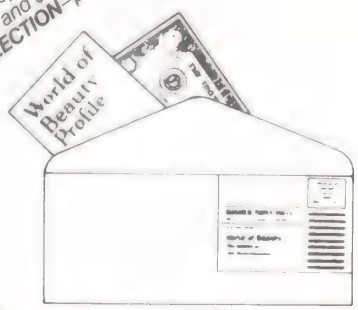
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[ ] Soft Blue, Silver, Pink, Mauve
[ ] Brown, Beige, Copper, Muted Green
[ ] Aqua, Peach, Yellow, Mint

5. Lip and Nail Enamel shades I prefer (check one group):
[ ] Cherry Red, Redwine, Deep Pink, Plum
[ ] Raspberry, Rose, Pastel Pink, Mauve
[ ] Brick Red, Salmon, Honey, Cinnamon
[ ] Coral, Melon, Peach, Apricot

6. Blush shades I prefer (check one group):
[ ] Rosewine, Burgundy, Deep Mauve
[ ] Pink, Rose, Soft Plum
[ ] Cinnamon, Coral, Tawny
[ ] Peach, Apricot, Rosewood

7. My main beauty interests are (check one or more):
[ ] Fragrance [ ] Hair Care [ ] Sun Care
[ ] Makeup Application [ ] Fitness
[ ] Skin Care [ ] Nail Care
[ ] Color Coordination [ ] Fashion Trends

8. My age group is:
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[ ] 16-19 [ ] 26-32 [ ] 40-49

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Stephanie



8 MBI

Stephanie *shown smaller than actual size of approximately 12″ tall.*

continued from page 141

satisfied now are those with the most education, a high personal income, the most challenging jobs—whether or not they're married to men of wealth and accomplishment.

For example, 82 percent of women who have a personal annual income of $50,000 to $60,000 believe that they are making the most of their lives, while only 26 percent of those earning $20,000 or less (including homemakers with no outside employment) feel they are doing that, even if their husbands are successful.

She's no longer ashamed to be ambitious

Remember when ambition wasn't ladylike? Times have changed indeed. A full 60 percent of respondents say they are fairly ambitious, while another 30 percent say they are very ambitious. Maybe that's why a stunning 72 percent either dream of starting a new career or have done so. Similarly, 52 percent would like to start their own businesses or are already their own bosses.

She thinks carefully about what she wants—and she gets it

These ambitions are not passing fancies but well-considered goals. A resounding 99 percent of respondents report that they take time to reflect on what they want in life, an overwhelming 92 percent feel they *deserve* the best life has to offer, and 75 percent feel they are currently making the most of their lives or soon will be. In the same vein, 74 percent believe some positive change will happen in the next five years, whether it's a better job, more financial security, more time for themselves or a more interesting life.

She's aged to perfection

Fifty-six percent of *all* women think they look better now than they used to, including women over forty. And women in their sixties are more likely (50 percent) than any others to feel they're making the most of their lives. Overall, a heartening 79 percent of respondents feel they live bet than their parents did, and 58 percent picture a retirem that's healthy, happy and financially secure.

She still takes great satisfaction in helping others—especially her fa

Despite all the emphasis on self-fulfillment, it seems t some things never change. Fully 74 percent of responde say their greatest satisfaction comes from making th families happier or doing a good deed for someone. F time homemakers were the ones likeliest to choose mak their families h pier, although a rality of even most high-powe career women they put their f ilies first.

She doesn't think her teenagers are terrible

Not only do 79 cent of all res dents say their dren are turn out just as they hoped, but a cli crunching 73 cent of the mot of *teenagers* pleased with t offspring. So ar percent of mot with children der five, 81 per of those with te thirteen-year-o and 82 percen those with chil nineteen to twe one. The most s fied are the m ers of six- to year-olds (at percent).

Even though she content with her kids, she fears f them

A sizable maj of women—63 cent—fear tha world will not better place their childre they grow up though many ed, "but I ho will be." Ov their greatest hope for the world (47 percent) is that will never be another war, with another 35 percent h the environment will be protected for future generat The rest hope hunger and prejudice will be eliminated

She has a stronger-than-ever self-image

Whatever doubts she may have about what lies ahea day's woman has few about herself. All the respondents remarkably high self-esteem, evidenced by the followi

99 percent say they're good-hearted



0 percent feel they're lovable
7 percent are proud of themselves
3 percent feel they've lived a worthy life thus far
0 percent feel they're good cooks and hostesses
0 percent feel they cope well with change

venty-six years ago, Betty Friedan's *The Feminine tique* first presented "the problem that has no name"—mounting frustration of women who felt hemmed in by l domesticity. Since then, while countless words have n written about having it all, juggling and balancing, y women have quietly managed to find their own ula for leading a full life without a lot of fuss. Overall, survey snapshot reveals a woman who sees herself as a ng and worthy person, one who can strive toward ca- goals and financial security and still have more than gh to give to her husband, children and society.
ow does she—and you—do it? Here's what you said t the way we live today.

t are you reaching for most now?
as a tie between "financial security" and "just being a er person." Age was a factor: 49 percent of women over want to be better people, compared with 26 percent of e in their thirties.

t do you dream of most?
g truly happy, say 46 percent. Being in a position to others, say 29 percent. Just 15 percent dream of being only 3 percent desire fame. Indeed, when specifically d if they envy the rich and famous, a solid 65 percent no. Of the 35 percent who admitted feeling envious, is a major factor: younger women, especially teens, e much more envious than older ones.

t would you like your life to have?
ty-nine percent say more time for their own interests, most common response among most age groups. Thirty ent—most likely to be teens and single women—seek e excitement, while 14 percent would prefer more e and quiet.

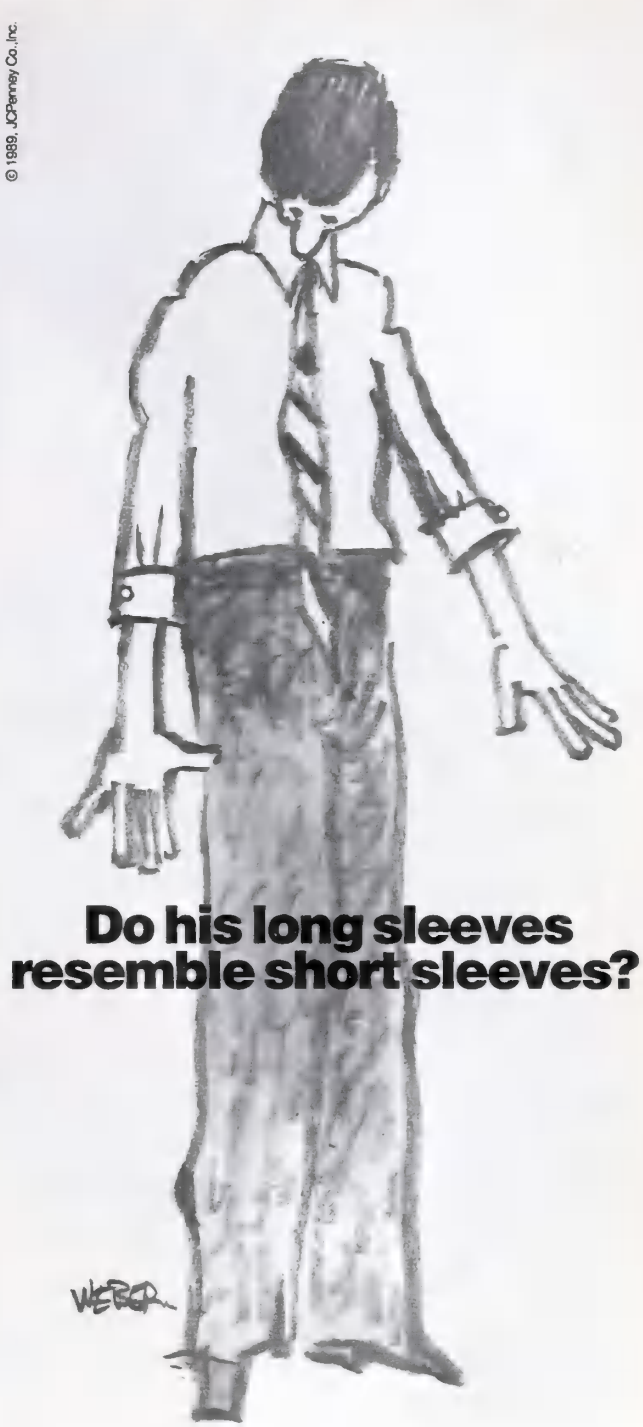
t do you think your life will be like in five years?
was the determining factor in this response. y-four percent of women age fifty and over said r lives will be "about the same," and 29 percent of en in their forties agreed. Younger women split their ictions among "having a better job," "having more ," "my life will be about the same" and "my life will be e interesting."

ou wish you knew more interesting people?
say 68 percent. No, say 32 percent. Younger women e slightly more likely to wish their address books had e pizzazz.

t is most true about your friendships?
y-eight percent say they have one or two close friends; ercent say they have lots of friends. Fourteen percent hey have acquaintances but no real friends.

is your best quality? Your worst?
e women—45 percent—cite compassion as their best ity, over perseverance, patience, intelligence or self- dence. As for worst quality, procrastination and impa- e were a virtual tie.

u could do one thing to improve yourself this year, what l it be?
or, mirror on the wall: Forty-one percent *(continued)*



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■ HOW WE LIVE NOW
continued

would like to improve their appearance in some way. Twenty-three percent wanted to learn a new sport or skill, and another 23 percent said they'd like to go back to school. Twelve percent would like counseling to feel better about themselves.

Do you and your husband have the same goals?
Yes, say 60 percent. No, say 21 percent. Figures were similar for all age groups.

Do you work to improve your marriage?
Yes, say the 39 percent who read books and magazine articles for this purpose. Another 37 percent say their good marriage "just comes naturally." Thirteen percent admit they don't work on the relationship at all, but 9 percent have sought counseli
One factor was education: Those w
college and postgraduate degr
were more likely to have been t
counselor.

Do you work to improve your sex life?
Twenty-six percent read articles
books; 37 percent say good sex happ
naturally. Thirty percent don't m
any special effort.

What's your dream home?
A contemporary beach house narro
wins out at 37 percent over a ru
mountain cabin at 35 percent. Twe
one percent see themselves in a m
sion on a hill, and 6 percent envi
living in a penthouse in the city.

Are you happy with your job?
Yes, say 53 percent, so the nati
bosses must be doing something ri
But 23 percent are not happy f
nine to five.

Would you quit work if you won the lottery?
No, say 56 percent. (Those bosses m
be doing something right.) Yes, say
percent.

**What's your biggest disappointment ab
your work?**
Thirty-nine percent want more po
and recognition; 23 percent cite a
sire for more meaningful work. N
teen percent are simply bored.

What is most satisfying about your wo
The sense that they're doing s
good, say 44 percent. Twenty-se
percent cite the self-esteem work g
them, while 15 percent say the mo
Fourteen percent most enjoy thei
teraction with co-workers.

**What social issue do you feel most str
about?**
Thirty-nine percent say better sch
23 percent worry about the he
costs of the elderly. Nineteen per
are concerned about the nation's h
less, and the rest cite improving
grams for the poor and people
AIDS.

**What great honor would you most like
receive?**
And the fifth runner-up is: Miss A
ica! Only 9 percent of respond
wanted to win the world's best-k
beauty pageant. Ten percent want
clutch the Oscar for best actress
18 percent wished they could wi
Olympic medal. Twenty-four pe
dreamed of receiving a Pulitzer
for fiction, but the most coveted a
of all—at 39 percent—was the N
Peace Prize.

WHO RESPONDED
(median figures)

Age: **42**

Length of marriage: **17 years**

Number of children: **2**

Personal income: **$20,000**

Husband's income: **$36,000**

Education: **some college**

Occupation:
EMPLOYED FULL-TIME, 52.4 percent
EMPLOYED PART-TIME, 14 percent
SELF-EMPLOYED, 11 percent
HOMEMAKERS/RETIRED, 21.7 percent

A WOMAN TODAY

continued from page 28

ecember 1984, one of the doctors me to talk to me. "Have you ever d your hormone levels checked, a?" he asked.

"I've had so many tests, I don't ow," I replied.

"Well, I know a doctor who specials in hormone imbalances," he said. ve told her about your case, and she'd e to see you. Are you willing?"

"I don't care, send her in," I said.

The next day the specialist, Harder Grewal, M.D., visited me. She d me that she was going to run a ood test to evaluate my hormone levs. "I don't know if I can help you," e said. "I've only treated women th premenstrual syndrome [PMS], t I'm willing to do whatever I can."

I was skeptical. I no longer believed at *anyone* could help me.

But when Dr. Grewal got the results my blood/hormone test, she said that e was shocked to discover that I had actically no progesterone in my sysm. To compensate, she told me, my trogen levels had soared. She felt at this was the cause of my illness.

"I think you're suffering from poststerectomy syndrome, Ria," Dr. ewal said. She explained that this as the term some doctors had given the variety of medical problems that number of women experience after a sterectomy. (In 1974, in a widely oted study of hysterectomy, the itish medical journal *The Lancet* deribed posthysterectomy syndrome.)

Dr. Grewal went on to explain that me women's bodies are no longer le to produce necessary hormones e estrogen or progesterone after hysterectomy. She said that such rmone imbalances could cause a mber of health problems. Many docrs had never even heard of posthysrectomy syndrome, and others didn't lieve it existed, she added.

The doctor thought she could help e by giving me hormone therapy. e explained that this treatment is fferent for each individual and that e would monitor my hormone levels sely during the therapy. David and lecided it was worth a try.

I enrolled in Dr. Grewal's Women's fecare program at Corona Commuty Hospital in Corona, California, d began to get progesterone supposiries. (Because I was extremely sensive to estrogen, my body could not ndle a combination of progesterone d estrogen.) Miraculously, after six eeks in the program, I felt terrific. I longer had the migraines, the naua or the swollen joints. I had gained ck the weight I had lost, and I finally had energy. My depression lifted, and I had a zest for life. My recovery seemed too good to be true, and I kept waiting for the illness to return.

But it didn't. Day after day I continued to feel great. Overjoyed to be strong again, I went home and immersed myself in my sons' lives. I had worried that because of my illness the boys would have turned to drugs or alcohol, but instead they had become responsible, successful young men. David, Jr., is now in college studying business administration, and Joe, who was recently married, is an electrician.

Fortunately, my own marriage survived our ordeal. David stopped drinking when I came home from the hospital, and he's been sober ever since. We've had to get to know and trust each other all over again, but we now have a strong, loving relationship.

When I was sick, I made a vow that if I got better I would help other women. To help fulfill that promise I started working at the Women's Lifecare program. Today, I am director of the program. I also give free public seminars about my experience.

For four years now, daily progesterone supplements have kept me in great health. All my old medical problems have completely disappeared. I'm lucky and I know it. ■





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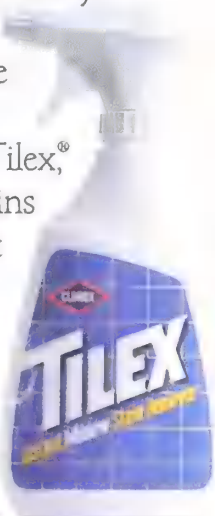
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LAST LAUGHS

FOR BETTER OR FOR WORSE **By Lynn Johnston**



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Out of the mouths of babes

My five-year-old seemed sad that our friends were moving away. To take his mind off it, I promised him he could help me think of a housewarming gift to send to them. "Okay," he said, after pausing for a moment. "How about a fireplace?" *—Celia Chramega, Milwaukee, WI*

My son Adam, age four, was watching me stir cookie batter with the electric mixer. As he watched the beaters wobble and hesitate in the thick batter, he said, "Better put it in four-wheel drive, Mom!" *—Susan Sherwin, Union, NE*

My two young granddaughters were doing their homework together. They attend different schools, so they weren't studying the same material. "Do you know who Joan of Arc is?" Mary asked. "Sure," Sue answered. "She plays Val on *Knots Landing*." *—Mildred Sherrer, Bay City, TX*

STARVE A COLD, FEED A FAMILY

The flu? I wouldn't dream of stopping;
Who'd do the washing, meals and shopping?
The kids bear sniffles cheerfully
With comics, ice cream and TV.
But let my husband get a cough,
And right away it's four days off.
Wailing louder than a siren,
He summons me from stove and iron
With demands that keep me jumping,
Errand-running, pillow-plumping,
Treats and toddies on the hour,
And all the pity I can shower!

—Shana Aborn

LAUGH LINES Compiled by Ron Smith

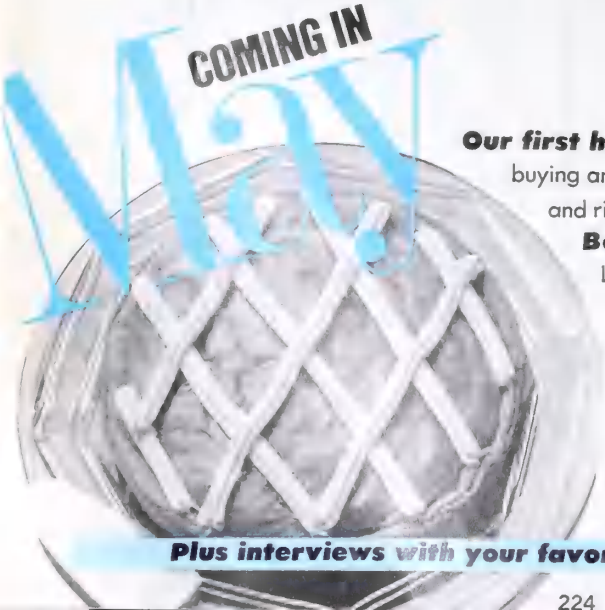
"I was an ugly kid. My mother had morning sickness *after* I was born." *—Rodney Dangerfield*

"Three things have helped me go through the ordeals of life successfully—an understanding husband, a good analyst and millions of dollars." *—Mary Tyler Moore*

"One man's perversion is another man's Phil Donahue show." *—Johnny Carson*

"My mother said, 'You'll never amount to anything. You procrastinate.' I said, 'Just wait!' " *—Judy Tenuta*

COMING IN May



Our first home We followed a newlywed couple through the ups and downs of buying and fixing up a handyman's special. They spent months tearing down walls and ripping up floors, transforming an old house into the home of their dreams.

Beauty smarts Need a quick makeup routine with stay-put power? Looking for a way to hide a haircut disaster? Don't miss our fast summer beauty fixes—the best investments for your time and money.

Cooking secrets We'll show you how professional cooks do what they do best. From a diner's perfect pancake to a New York chef's sophisticated fare, we've got the tricks of the trade.

Cholesterol control: your guide to a healthy heart Cholesterol will be the health issue of the nineties. The latest on this most talked-about health risk, plus recipes that will do your heart good.

Thom DeSanto

Plus interviews with your favorite celebrities, and lots more. On sale April 13.

Ladies' Home Journal (ISSN 0023 7124) April 1989, Vol. CVI, No. 4. Published monthly by Meredith Corporation, 100 Park Avenue, New York, NY. Class postage paid at New York, NY, and at additional mailing offices. Authorized as second-class matter at Post Office Department, Ottawa, Canada, for payment of postage in cash. Printed in U.S.A. POSTMASTERS: Send address changes to Ladies' Home Journal, P.O. Box 10895, Des Moines, IA 50336-0895.

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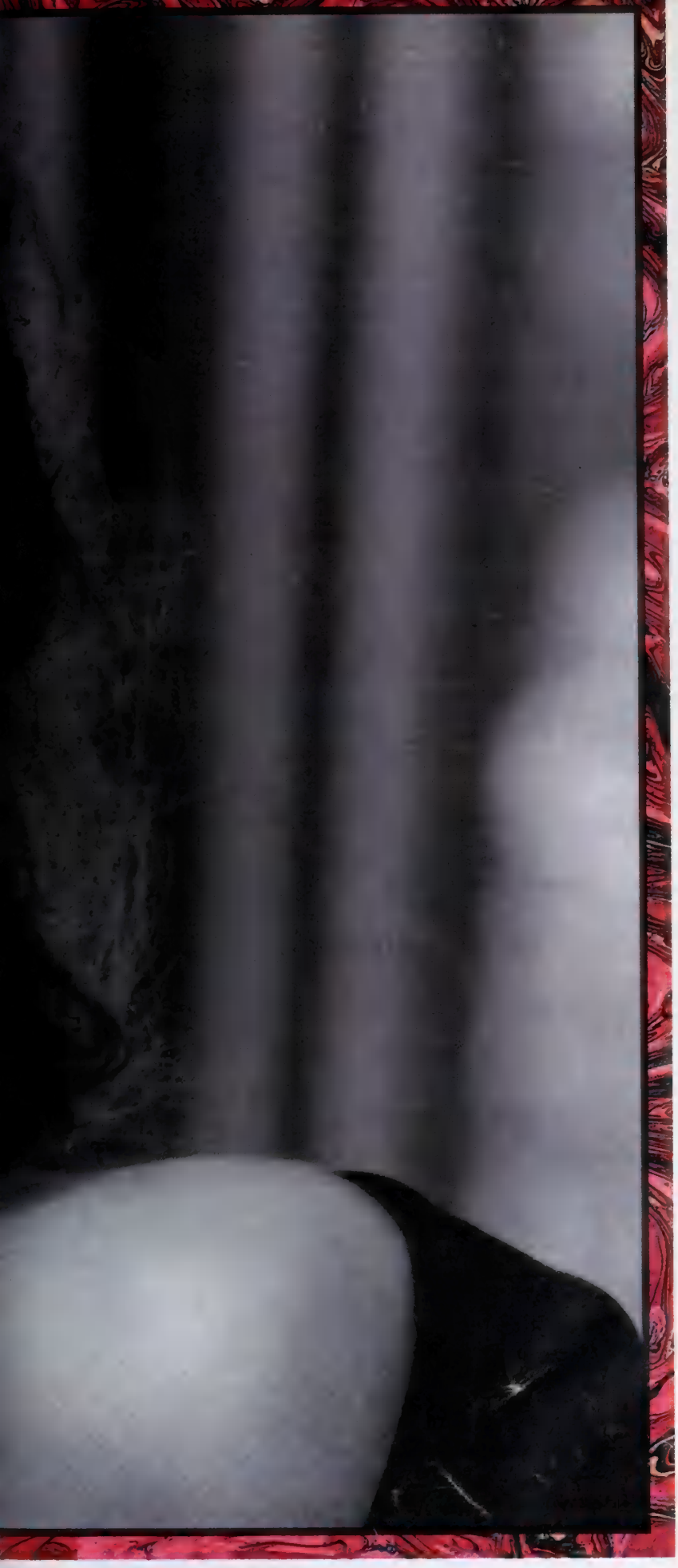
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LADIES' HOME Journal®

VOL. CVI NO. 5 MAY 1989

IN THE NEWS



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83 • **Cholesterol control: your guide to a healthy heart** If you're tired of trying to understand the mumbo jumbo, our special report will clear up the mystery—and it could save your life. Bonus: Ten great and good-for-you recipes. *By Beth Weinhouse*

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Cover photos: Fergie, T. Graham/Sygma; Roseanne, ABC-TV; Raquel, Andre Weinfeld/Sygma. This page, from top: Andre Weinfeld/Sygma, Gary Sigman/Black Star.

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No-Wax Floors
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After Bath Splash
Jean Naté
Friction pour le Bain
IT'S LIKE A SMILE FOR YOUR SKIN

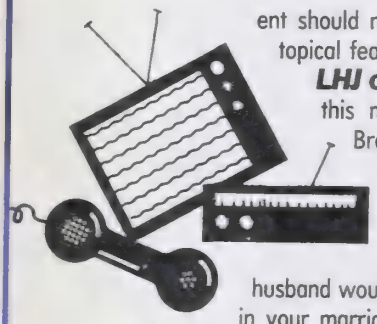
EDITOR'S JOURNAL

By Myrna Blyth



JOURNAL out of the pages

A great deal is going on at *LHJ* this month, both on and off our pages, that I wanted you to know about. For example, don't be surprised if you hear me talking to you over the radio while you're driving to work or doing some easy listening around the house. I have a new **weekly radio spot** called "Modern Woman" that is heard on almost two hundred radio stations throughout the country. Of course, I talk about the fascinating features in *LHJ*—like our excellent health reports, such as this month's special cholesterol section (page 83), or our celebrity features, like our charming interview with Roseanne's main man, John Goodman (page 136) or our report on Fergie (page 180), or our investigative reporting, like our feature on preteen drinking, which every parent should read (page 182). Frankly, there are so many interesting and topical features in *LHJ* that it makes radio reporting *easy*!



***LHJ* on TV, too.** Have you been watching the TV version of "Can this marriage be saved?" The program, hosted by psychologist Brenda Wade, was tested this spring on twenty-seven stations and generated some great reviews. It is on hiatus now but will be launched throughout the country in mid-September. If you have been watching the show, let me know what you think about it. Another possibility: If you and your husband would like to be on the show in the fall to talk about the problems in your marriage, let me know. Write and tell me about yourselves, and enclose a picture of the two of you. (Make sure it's one that does not have to be returned.) Write to Myrna Blyth, CTMBS, *Ladies' Home Journal*, 100 Park Avenue, New York, NY 10017. During the first six weeks, thirty couples discussed their marriage problems and benefited from Dr. Wade's sensible advice.

Our **call-in days for readers** have proven to be very successful. We really love answering your questions and talking with you. This month's call-in day is Wednesday, May 3, between one and four P.M. Eastern time. Remember the call's on you. At the phone will be Associate Decorating Editor Karen Reisler at 212-351-3683. Tell her if you liked our special decorating feature "Our first home" (page 165). In addition, there will be Associate Food Editor Barbara Ottenhoff at 212-351-3681, who'll answer questions about the recipes in our Food Journal; Associate Books and Fiction Editor Sofia Marchant, who'd be happy to talk about the books and stories we use in *LHJ*, at 212-351-3680; Assistant Beauty and Fashion Editor Susan Parkes at 212-351-3682 to talk about beauty and fashion problems; and Managing Editor Mary Mohler to talk about the magazine and child care at 212-351-3684. So mark your calendars now with the date and phone numbers for easy reference. Keep listening, keep watching and keep calling. Happy Mother's Day!

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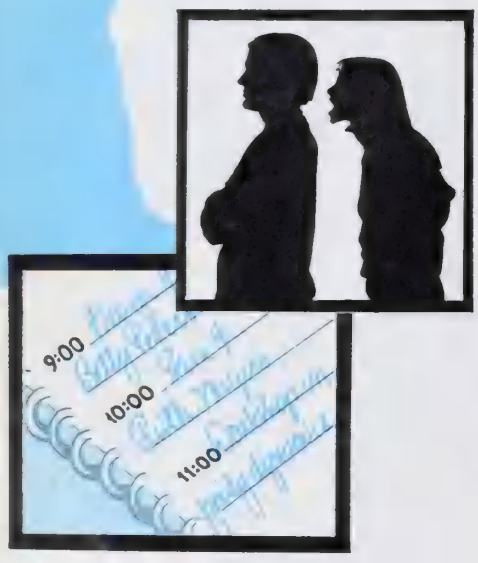
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CAN THIS MARRIAGE BE SAVED?



"I'm a therapist, but my own marriage is a mess"

Though Dorothy made her living helping others patch up their lives, she could find no answers to her problems with Tom. By Ellen Switzer

Introduced thirty-six years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Donald Paglia, M.S., a counselor in Connecticut who has a private practice in New Haven and works with the Archdiocese of Hartford. The story reported here is true, although names and other details have been changed to conceal identities.

Dorothy's turn

"I BECAME A THERAPIST TO help other people avoid the kind of mess my own life has become," said Dorothy, thirty-four, a tall woman who looked drained and exhausted. "I have a master's degree in social work and almost ten years of experience as a counselor. Still, I'm at the end of my rope, with a young child who is less than two but already showing the strain of my unhappy marriage and apparently of inadequate parenting. I'm so miserable I fear I'll start using alcohol and tranquilizers to escape my problems, just like my mother did.

"It isn't as if I rushed into marriage with a stranger. Tom and I met when we were freshmen in high school. Now I can see that what drew us together was mutual unhappiness.

"I come from a very disturbed family, as does Tom. My mother, who was married at seventeen, got pregnant on her wedding night. A baby was the last thing she wanted, so I was shipped off to my grandparents' home, where I stayed until I was seven.

"Then, suddenly, right after my seventh birthday, they decided they wanted me back. By this time, I had a little brother, and I think they needed me to help out. By the time I was ten, I was their principal babysitter and housekeeper. My mother was mostly drunk or bombed out on pills, and my father was rarely home.

"Tom was my first real friend. His family actually seemed to have more problems than mine. Both of his parents were alcoholics; he, too, was doing most of the chores, and neither of us had time for fun like the other kids. We knew early on that getting scholarships was the only way out of our impossible homes, so we worked hard to get top grades.

"Ultimately, we both won scholarships to the state university, and when we were in graduate school—Tom in engineering and me in social work—we decided to get married. That was seven years ago.

"But the marriage was unhappy from the *(continued)*

Photos, Tom Arma; illustration, Monika Schreiner.

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CAN THIS MARRIAGE BE SAVED?

(continued) start. We had little money, and we both had jobs while we struggled with schoolwork. Our sex life was sporadic, though I think his lack of interest was probably due to exhaustion. Once we settled down to a normal life, I kept telling myself, things would be fine.

"I don't know why it took so long to realize that we had different ways of coping with stress. Perhaps because our problems were so similar. Anyway, I like to talk things out, and my training emphasized the importance of good communication. Tom is withdrawn and finds it impossible to share his feelings. He complains, he wants pity, but he can't reciprocate. Whenever I need comfort, he makes a sarcastic remark about therapists who can't help themselves. We rarely talk. We just yell.



"Dorothy says nothing is right between us—mostly because of my many flaws," Tom complains.

"Anyway, by the time we finished our studies, we had both found jobs in Texas, as far away from our families as possible. Still, our marriage became increasingly rocky, and I was seriously thinking of leaving—until I discovered I was pregnant.

"Then the oil depression hit. Tom lost his job, and the only new job he could find required us to move back to our home state, Connecticut. What's more, my baby was not gaining enough weight. I knew that infants who fail to grow often feel their mothers have rejected them; psychologists call it 'failure to thrive.' When I saw that phrase on Susie's chart, I was devastated.

"Tom suggested I give up the idea of going back to work. His own mother, he pointed out, had held a job and had neglected her children because of it. I understood his point, but I also knew I needed to work at least part-time for the money. But I agreed, grudgingly, to stay home.

"On top of all this, Tom tells me he hates his job. Tom has always had trouble with authority figures—I'm sure that's why he changed jobs so often. But he insists this boss is the worst. It doesn't really matter. Right now there are no other opportunities, and Tom will just have to stick it out.

"Recently, however, Tom has seemed even more withdrawn than usual; I insisted he get counseling, or I'd take Susie and leave. But then it dawned on me that Tom wasn't the only one who needs professional help. I need help, too. I want to keep this family together."

Tom's turn

"When Dorothy and I were in high school, we spent a lot of time in a contest over who had the most miserable family life. Usually I won," said Tom, whose downcast demeanor belied his thirty-five years.

"Like Dorothy, I was the oldest and the caretaker. There were countless nights when I never knew where my parents were; sometimes they never made it home until morning. And, like Dorothy, I always felt inadequate and guilty. It was obvious that my brother and sister had worse problems than I did, and I thought it was up to me to help—an impossible task. Dorothy and I couldn't wait to leave home, and yet we still felt like deserters.

"We were such close friends for so long that we never gave ourselves a chance to get to know anyone else. I had a few dates but just couldn't find anything in common with the women I took out. Dorothy apparently had the same experience. So we drifted into marriage. Almost immediately we started to fight.

"I encouraged Dorothy to get a degree in social work—partly, I think, because I thought she'd then be able to help me. Instead, she started telling me why nothing was right between us—mostly because of my many flaws. Being psychoanalyzed by your wife is not a comfortable feeling, and we grew farther apart. Just before she told me she was pregnant, in fact, I had thought of leaving her, too.

"My work situation didn't help. In Texas, things were great. If I didn't like a job, I could quit and easily find another. But when the recession hit, things changed dramatically. I'm lucky to have a job, even though it means working for someone I hate. My boss does nothing but push his underlings around. Dorothy tells me I have trouble with authority figures . . . but she should try working with this guy.

"Dorothy has also told me that I don't really communicate. I suppose that's true. I do find it difficult to open up, to tell her I love her. But I'm afraid she'll come back at me with those shrink-type questions, like 'What do you mean by love?'

"Also, our sex life, which was never great, has been deteriorating steadily. Often, it's me holding back, but I can't help thinking that Dorothy, with her professional background, is monitoring my performance. I worry that I'm not satisfying her. It's hard to feel passionate.

"So we end up fighting almost constantly about everything, which is surprising, since we'd known each other for ages before marrying, and all along we rarely argued.

"At first, I resented Dorothy's suggestion about counseling, but I realize she's right. Susie deserves a better chance than we had."

The counselor's turn

"Often, a man and woman who have had little joy and love in childhood are drawn to each other for all the wrong reasons," said the counselor. "They think anybody who didn't have the same misfortunes could not possibly understand what they went through. Like Dorothy and Tom, they may spend their lives rehashing all that went wrong.

"The prospects for such a marriage are bleak. The couple carry such a load of negative feelings—guilt, low self-esteem and resentment—that they tend to take their problems out on each other.

"Since Dorothy and Tom truly thought their problems were unique, I first suggested they join a support group for adult children of alcoholics. Such groups can now be found in most communities, often sponsored *(continued on page 18)*

Tom Arma

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CAN THIS MARRIAGE

continued from page 14

by Alcoholics Anonymous. By talking with others who had experienced the same trauma, they realized two important points: that under the circumstances many of their problems were inevitable and also that they were not bad people, unworthy of happiness. This helped them focus on the specific things they could do to change their lives.

"I also suggested that Dorothy take Susie to a specialist for a complete physical evaluation. Following a battery of tests, this physician determined that Susie's inability to gain weight was not due to failure to thrive after all, but rather to a severe allergy to milk and wheat. Once a proper diet was prescribed, Susie blossomed, so Dorothy didn't feel guilty anymore.

"Now we were able to tackle the other problems in their relationship. Because of a childhood spent with parents who were totally unreliable, Tom was unable to trust anyone, including himself, to solve a problem. For self-protection, he withdrew and, not surprisingly, was unable to reach out to help others, including Dorothy. If trouble cropped up—at work or in his marriage—he would lock his feelings inside.

"Dorothy had chosen social work with the subconscious belief that she would be able to help herself by helping others. As is often the case, that strategy backfired. She was simply too close to the problem to solve it.

"Making matters worse was the fact that Tom had come to feel like one of Dorothy's cases rather than her husband. Her constant pontificating intimidated him and made him feel even more inadequate in his ability to solve problems. To make sure Tom didn't feel we were ganging up on him, I refused to engage in any professional discussions with Dorothy, though initially Dorothy continued to talk in technical terms. Finally I was able to convince Tom that people trained in mental health are not magicians or hypnotists. And once Dorothy dropped her holier-than-thou attitude, Tom started reaching out to her.

"Clearly, this couple also had to relearn how to communicate. Dorothy and Tom no longer had productive discussions, just loud inconclusive fights. I told them that even the best of friends often start fighting after marriage because they expect more from each other. However, if they kept fighting over small decisions, they'd never agree on the larger ones.

"During one session, I asked how their fights usually got started. Dorothy gave as an example the arguments they had after every counseling sion about where to go for di Though they had hired a sitt those nights so they could have a ning to themselves, the dinner a turned out to be just one more ba

"So I tried something a little u ventional. When the session was I accompanied them back to the and sat down in the backseat. 'C I said, 'decide about dinner.' Do suggested a place Tom considere expensive. Tom suggested a Dorothy said put anchovies on e thing and she hated anchovies. A it went for twenty minutes, at point I suggested they think what they had just done. They over the whole argument, and l long the three of us were laughin loud. From then on, they agreed not only to see the humor in the but also to realize that many they made mountains out of mole

"This couple had also been so tra tized by their childhoods that they felt they didn't deserve to have However, as they began to feel about themselves, they found were many activities they could together: Sporting events, concert hiking were high on their list. Se another pleasure they had denied selves because they felt unworthy. ever, as they began to feel better themselves and each other, they able to express their loving fe more passionately.

"Recently, Tom's boss was fir turned out that all the employee liked him as much as Tom and th tyrannical behavior was affectin department's productivity. His le not only made Tom's job more ple but taught Dorothy that diagn one's problems according to a pre mined formula doesn't always wo

"Dorothy not long ago was offe part-time job as an administrato day-care center. Tom was still op to his wife's working, and he brought up all the old objections. time, Dorothy didn't lose her te Quietly, she explained why an a istrative job was exactly wha wanted now. What's more, she able to take Susie with her to th ter since she had negotiated scholarship for her. Tom had to that this opportunity was a good tion to some of their problems.

"Though Dorothy and Tom they can always come to see me ever they feel troubled, we agre terminate counseling after two Dorothy loves her job and is much pier. Susie loves the day-care c and is thriving. Most of all, the c have learned to communicate be there for each other."

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4. Feel refreshing, even in hot weather?	☐	☐
5. Feel greasier than you'd really like?	☐	☐
6. Leave your skin looking fresher in the morning than when you applied it the night before?	☐	☐

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The author with her husband, John, and son Michael. Left: A school photo of Brian

A message from Brian

A handgun accident killed our ten-year-old son and nearly destroyed our family. How could we ever cope with our loss?

By Darlene Duffy Darling

October 6, 1985, started out just like any other Sunday morning in our family. My husband, John, and I were reading the newspaper and eating a leisurely breakfast when at about 9:30, our two sons—Michael, fourteen, and Brian, ten—asked if they could go to a friend's house to play. John and I agreed. I can't tell you how many times since then I've wished we'd said no.

We've always been a close-knit family. We live in Vero Beach, Florida, and practically all of our weekends were filled with picnics on the beach and the boys' sporting events. Brian was especially athletic: He played both shortstop and pitcher on his Little League team.

That morning, when Brian and Michael asked us if they could go out, we expected them to stick together as they always did. Instead, Michael went to a buddy's house, and Brian went to play with his thirteen-year-old friend Freddy (not his real name), who lived three blocks away.

About an hour later, I was still in my bathrobe when someone pounded on our front door. Suddenly, one of our neighbors burst in. "There's been an accident at Freddy's house!" he gasped. "Your son Brian has been badly hurt."

John immediately ran out the door and headed for Freddy's house. I stood there for a moment in shock. Then I raced into the bedroom to throw on some clothes. "Please, God, don't let it be true," I prayed.

When John arrived at Freddy's, a police cruiser and an ambulance were parked outside. A policeman was standing at the front door with Freddy's parents, who were screaming and crying. "I can't believe it!" Freddy's father told John. "We taught our son about guns!"

As John stared at Freddy's father in confusion, the police officer spoke. "Mr. Darling, there's been an accident," he said. "Your son Brian has been shot. He's dead."

"No!" said John, shaking his head. "Where is he? I want to see him!"

At John's insistence, the officer led the way to Freddy's parents' bedroom. Brian was on the floor, lying on his back. His eyes were closed; he looked as though he were sleeping. *(continued)*

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(continued) But when John drew closer, he saw a small bullet hole on the visor of Brian's baseball cap. He cradled our son in his arms and shook him, trying vainly to get some kind of a response.

Shortly after, John came back to our house. As soon as I saw the look on his face, I knew what he was going to say. "Brian's dead," he told me. I collapsed into his arms.

Through our tears, John and I kept asking each other how such a terrible thing could have happened. Haunted by that question, we went to speak to Freddy's parents the next day.

Freddy's father told us that he had legally purchased a handgun—a .44 Magnum revolver—just two days before Brian was killed. There had been a series of petty burglaries recently in our neighborhood, and Freddy's father felt he needed protection. He'd shown the unloaded gun to Freddy, and then, after Freddy had left the room, his father loaded the weapon and placed it in his dresser drawer.

When Brian went over to Freddy's house, Freddy's parents ran an errand, leaving the boys home alone. Freddy led Brian into his parents' bedroom and took the gun from the dresser drawer. He cocked the trigger and jokingly pointed it at Brian's head. Suddenly he realized that the revolver was loaded. As he tried to uncock the trigger, the gun accidentally went off. The shot hit Brian in the forehead, killing him instantly.

The weeks following Brian's death were a blur. John and I cried constantly, and all we could talk about was the accident, while our friends rallied around us to offer comfort and support.

As John and I ached for our son, we realized that hundreds of other parents were suffering, too. It seemed that every time we picked up a newspaper or turned on the TV, another child had been hurt or killed in a gun accident. We'd never really been aware of these tragedies before, but now John and I saw that Brian's death was not an isolated incident at all.

Hoping to prevent even one more accident, John wrote a letter to the editor of our local paper describing our tragedy and urging parents to remove or unload any guns that they had in the house. Within days a dozen people had called to say that they would never again keep a firearm at home.

Three months after Brian died, we moved to another part of town, no longer able to live in the house where we'd shared so many happy times with our son. I was still consumed with grief and anger over Brian's death, and I knew I had to do something to help myself work through it. That's when I read in the paper that a chapter of the Compassionate Friends, a nationwide organization for parents who have experienced the death of a child, was starting nearby. I joined right away, and for the first time I was able to start letting go of all of my sorrow.

We've forgiven Freddy for what he did; it's horrible enough that he will have to live with it for the rest of his life. However, it's much harder to forgive his parents. I feel that they were grossly negligent in keeping a loaded gun in their house, and I was very angry at them for a long, long time. John and I considered bringing a lawsuit against them, but we decided against it because nothing could ever replace our son. We haven't talked to Freddy's family since.

Although the worst seems to be behind us, Michael, who is now seventeen, still cannot cope with his brother's death. He's been through counseling, but he refuses to talk about Brian.

For John's part, he became actively involved in the fight against handguns. He talked to Brian's former Little League coach, who was a dean at the local community college, and they decided to produce a documentary video called "Brian's Message." On the tape John talks about Brian's death, and gun safety tips are given.

The tape was completed on Christmas Eve 1985—which would have been Brian's eleventh birthday. With no promotion other than word of mouth, the video has been seen by more than three thousand people across the country. It's a powerful tape, one that I think every parent and child should see. Currently, John is also a member of the Center to Prevent Handgun Violence, a nonprofit education research group in Washington, D.C.

By speaking out, John and I hope we can spare other families the suffering we've endured. Both parents and schools need to teach kids about firearms, just as they teach them about the dangers of drugs and alcohol. Most important, kids need to understand that weapons are not toys. That's the real message John and I are trying to spread. ■

Teaching your kids about guns

According to the National Safety Council, firearms are the fourth leading cause of accidental death among children ages fourteen and under. A recent study by the Center to Prevent Handgun Violence showed that in homes where unintentional shootings of children occurred, handguns were frequently kept where kids could easily get at them—in a night-table drawer, in a closet or even under a pillow.

Whether you're for or against guns, it is essential to teach gun safety to your children. According to the Police Executive Research Forum, a Washington, D.C., group of police chiefs and criminal justice experts, there are four basic gun-safety rules parents should follow:

- **If you own a gun, never keep it loaded.**
- **Always keep your gun under lock and key. Carry the key with you at all times.**
- **Store and lock up ammunition separately from your gun.**
- **Talk to adults at other places where your kids play to make sure they practice these safety measures.**

Finally, even if you don't own a firearm, make it a point to explain to your children how dangerous guns are. Tell them that if they do come across a gun at a friend's house or anyplace else, to leave the room immediately and notify an adult that the gun is out.

If you'd like to obtain a copy of the videotape *Brian's Message*, send $15 (to cover reproduction, shipping and handling) to Brian's Message, Inc., P.O. Box 650886, Vero Beach, FL 32965. Allow four to six weeks for delivery.

For more information about the Compassionate Friends, write the group's national office at P.O. Box 3696, Oak Brook, IL 60522, or call 312-990-0010.


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Because it knows how similar this fluid is to the essential fluid your skin had so much of when you were younger.
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And a younger look.
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Why grow old gracefully?
Fight it with Oil of Olay Sensitive Skin Beauty Fluid.



"I work with the most valuable hair in America. I wouldn't touch it with any heated rollers but Clairol®."

—Marc Pipino, Pipino–Buccheri Salons

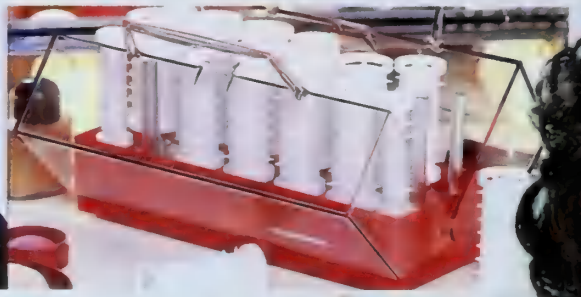






"For one photograph, I might have to do Arlene's hair six different ways. So it's 'Quick, hand me the Clairol® Heated Rollers.' They help give me whatever look I want to achieve. "They don't overheat, and the rollers have a unique core that





keeps them at the right temperature. I wouldn't trust hair like this to anyone but Clairol®. And neither would Arlene."

CLAIROL
Heated Rollers

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Blue-chip tips and tricks for May



The LHJ-Avon Instant Makeover Winners

Three cheers for Sandra Schultz, Marcie Mann and Andrea Weidemann, *Journal* readers who won the chance to change their looks! Their makeovers included computer color readings from Avon Beauty Vision. Also, each received a $2,000 designer wardrobe from Anne Klein II and a year's supply of Avon Color 1989 Spring Shades: Wildflowers. What made these women winners? Read on

more feminine

Sandra Schultz, thirty-eight, of Tempe, Arizona, recently went back to school to earn a teaching degree in French. She loves her new career but hated the no-makeup student look. How to upgrade Sandra's style to an A+? We layered her hair, then brightened her complexion. Sandra's computer color family is cool, and she looks perfect in Grey Heather eyeshadow, Plum Rose blush and Flirty Rose lipstick. What a pretty difference!



younger

Forty-three-year-old Marcie Mann teaches elementary school in Newton, Massachusetts, and is also a mother of two. Marcie's lifestyle is hectic, and she doesn't have much time for makeup. But since she's surrounded by youth all day long, she wanted to look younger, too. We gave Marcie a blunt cut to volumize her thin hair and applied natural-looking makeup. Marcie's computer color family is warm bordering on ultra-warm, and she glows in Honeysuckle Coral/Peach Blossom eyeshadow, Raisin Wine/Walnut Frost blush and Daylily lipstick. Marcie's delighted with her new ageless face!

Photos, Nesti Mendoza. Hair, Stephane Lempire. Makeup, Philippa Becker for Timothy Priano, Inc.



more polished

At-home mom Andrea Weidemann, thirty-one, of Salt Lake City, Utah, used to pay more attention to her looks, but with three kids all under age seven . . . So we gave her a daytime look that makes her feel put-together but not overdone. We sleeked her hair back and selected shades from her ultra-warm computer color family: Wild Ginger/Golden Buttercup eyeshadow, Sunset Poppy blush and Peach Polish lipstick. Andrea was shocked when she found out she won the contest, but her husband said he always knew he married a winner!

high-tech wizardry

Avon Beauty Vision is a computer that analyzes a woman's skin tone, selects one of four color groups—ultra-cool, cool, warm or ultra-warm—and generates a printout of all-in-the-family shades. The system also offers scientific advice on wardrobe colors. The computer readings for our winners were done by Kathleen Walas, Avon's national beauty and fashion director.





CONTEST BONANZA

Two chances to win big in this issue: First, enter Vanderbilt's "The Splendor of You" sweepstakes (featured on pages 34-35), with a chance to win $50,000. Then go for the getaway: The *Journal* is offering a special opportunity to win a spa vacation. Reveal your best de-stressing tip and tell us in fifty words or less why you deserve a spa retreat. If you're selected as the grand-prize winner, we'll whisk you and a guest off to the famous Canyon Ranch, in Tucson, Arizona, for five days of relaxation, fitness and fun. Official rules and entry form are on page 241. Entries must be received by June 15. Good luck!

Photos, Nesti Mendoza. Hair, Stephane Lampin. Makeup, Philippe Becker for Timothy Priano, Inc.

ADIEU GRAY

My own natural color's come back.
Only better. Much better.

Such luster and lights, such liveliness.
Avantage's rich Crème Fluide
did all this.
Covered only my gray.
Without peroxide or ammonia.
And Avantage gradually washes away.
It's very, very kind to hair. Best of all,
I'll never have roots.
So good-bye gray.
It's been nice not knowing you.



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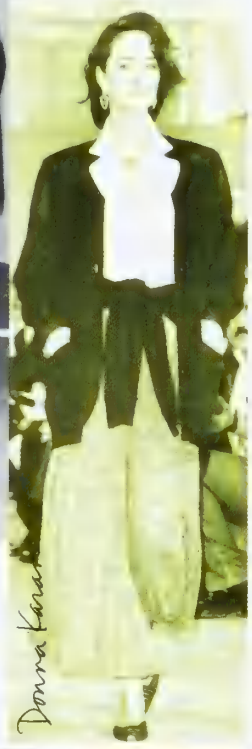
lendor of you.

best of the designer trends













WIDE PANTS

Fashion flash: Wide pants are causing a sensation this spring! Loose and drapey, these up-to-date takes on thirties-style trousers are elegant and feminine.

FRENCH CHIC Inspired by the great Coco Chanel, this is a sophisticated, go-anywhere look comprised of navy or black wide-leg trousers paired with a white blouse, piles of long gold chains and pearls, gold button details, and contrasting-toe flats or low-heeled slings. A perfectly polished way to wear wide-leg pants to the office.

JUMPSUITS You've never seen splashy, all-in-one styles like these before! This spring's versions of jumpsuits go from tailored, simply-belted numbers to luxuriously floaty, pajamalike, unbelted silhouettes. They're comfortable, casual and your best bet for weekends and dressed-down-but-dapper evenings. Keep accessories to a minimum.

PANTSUITS For the most put-together trendy look, team wide trousers with a longer, shapelier, same-color jacket or try high-waisted slacks with a cropped jacket in a contrasting color. Mix fabrics, too, for a newsy look—top billowy chiffon trousers with a crisp, body-tailored jacket. Another hot pantsuit look: wide pants paired with a matching short-sleeved, contoured jacket—very forties. Designers agree that no matter what your figure, wide pants in classic neutrals like black, navy and white are most flattering. One super look to pick up on is jaunty sailor pants with shiny gold buttons in both dressy and sporty fabrics. For a spirited casual look, add a T-shirt, espadrilles and a big straw hat.

NEW MAKEUP COLORS Wondering what cosmetic shades will count most this season? L'Oréal presents super makeup hues that are must-haves for summer '89. Look for Colour Riche Nail Enamel and Lipsplash Waterproof Lipstick Pencil in four fabulous shades—Lilac Splash, Coral Beach, Cherry Cooler and Surfside Pink, plus Miracle Wear Mascara in Azur. For complexion perfection try L'Oréal's Mattique Illuminating Matte Makeup.

Photos by George Chinsée, except top left, Thomas Iannaccone, bottom left and second bottom from left, Kyle Eriksen.

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Beautiful skin could be one little solution away. With Tools for a Visible Improvement from
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do one job. And do it very well. Guaranteed.

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TOOLS FOR A VISIBLE IMPROVEMENT

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Daisy Plus from Gillette

w there is "Daisy Plus," a razor especially designed to make you feel the way you want, beautiful, confident. Its Moisture-Smooth™ strip releases moisturizers that soften and pamper your skin as you shave and lets Daisy's twin blades glide safely and smoothly over your sensitive curves. Isn't it time you start shaving like a woman? Daisy Plus from Gillette.

THE NAKED TRUTH ABOUT SKINCARE IN THE SUN.

The truth is if you spend time in the sun unprotected, you leave yourself open to the potential damaging effects of the sun. To premature aging. To unflattering wrinkling.

Coppertone,® however, offers protection and provides nourishing moisturizers, while it lets you tan beautifully.

No matter what your skin type—fair, freckled, olive, dark, or any gradation in between—Coppertone has an appropriate skin defense formula.

Coppertone protection in the sun starts with SPF 2 oil, for a deep, dark tan. And goes all the way up to new and newsworthy SPF44, for our utmost protection. Like every Coppertone formula, it's rich in moisturizers and saturated with beneficial emollients like aloe and vitamin E. So with Coppertone SPF 44 lotion, you're doing virtually all you can do to help your skin stay smooth and soft. To help keep you looking younger. To make you feel fabulous.

New to the Coppertone skincare line this year is Tan Magnifier, SPF4. It actually allows you to get your deepest tan while you spend less time in the sun. Remarkable, really, and drenched with skin-softening moisturizers.



Also for 1989 is a new spray mist, SPF 10. It's oil-free, cool and refreshing.
d it goes on as sensuously as silk.
The truth is, no one offers more choices for your skin in the sun than
ppertone, from SPF 4 lotion to dramatically new SPF 44 or anything in between.
Don't just lie there naked and unprotected. Cover up with Coppertone.

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OR A LIFETIME OF BEAUTIFUL SKIN.



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Elizabeth Taylor

You might think Liz wouldn't dare leave the house without dramatizing those outrageous violet eyes, but she's got other priorities. "There're two things I can't live without," says Liz—"my Passion and my lip gloss!"



Cheryl Tiegs

This is one supermodel who knows how to stand out in a crowd. "Everyone says that a little black dress is *the* thing to wear at night, but I disagree! When the lights are dim, you just fade into the shadows. Wearing bold color—like red!—is my idea of dazzling after dark."



Sally Kellerman

The star of the upcoming film *Boris and Natasha* hates counting calories. "I had to diet for my new movie, and I hope I never see a salad again! Normally I love to eat, so I force myself to do a daily exercise routine."

beauty and fashion gossip

We heard it through the grapevine: what the celebs are saying about their personal style



Justine Bateman

The *Family Ties* star takes a logical approach to eating. "My trick for controlling my weight is never eating routinely. I eat only when I'm hungry, instead of when I'm bored."

ly LeBrock

Don't hate her because she's beautiful: Actress/model Kelly depends on exercise to stay in such great shape. "To stay trim I rely on fast walking. You get the same fitness benefits as jogging, but it's a safer form of exercise."

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Spring into fu



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As much fun for 1 kid as it is for 2 or 3. It not only goes up and down, but also round and round.





Golf
A great way for kids to get into the swing of things.

Waterbarrow
Its real squirting garden hose gives gardening an extra splash of fun.



Sizzling Barbecue
Everything kids need for a pretend cookout, even sizzling sounds.



Field Explorer
This collector's item helps young explorers learn about nature.



Little Helper Cart
Pretend yardwork's no chore with this clean-up crew. There's a "motorized" weed trimmer and even a realistic hand vac.



Sand Factory
Kids can put tubes and funnels together in a zillion ways for water and sand to flow through.



"Grow With Me" Picnic Table
The picnic table that gets bigger as your kids do.



This Spring, Fisher-Price® has the winning line-up for fun: a yar of toys for your little outdoor enthusiast.

And to help kids leap into Spring, we'll send you a free pair of Fisher-Price sneakers when you purchase any 4 of these Fisher-Price t

Because when it comes to having a great time outdoors, you can always count on Fisher-Price to spring up with something terrific.

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1-2-3 Roller Skates
3-way adjustable wheels make skating a cinch for beginners to experts.



Pack-A-Picnic
Everything for a pretend picnic except the ants.



Super Sandbox
Room enough for the whole gang.



Trike
Easy-riding fun with a wheelbase that hugs the road.



Fishing Kit
All the real gear needed to catch the big one.



Basketball
Wheels make this set the only home court that travels. And it even comes with an adjustable basket.



Baseball
Everything for baseball fun right off the bat.



Bubble Mower
If only Dad's mower had the magic of bubbles!





To get your free Fisher-Price kid's sneakers (approx. retail value $15), send this fully completed form, $2.25 for postage and handling (check or money order only—payable to Fisher-Price Sneakers), and dated register receipts and purchase proofs (UPC Codes) from any four different items listed below.

- ☐ 2097 "Grow With Me" Picnic Table
- ☐ 2096 Teeter Round
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- ☐ 2316 1-2-3 Roller Skates
- ☐ 2314 Waterbarrow
- ☐ 2006 Bubble Mower
- ☐ 2326 Basketball
- ☐ 2325 Baseball
- ☐ 2329 Golf
- ☐ 2110 Sizzling Barbecue
- ☐ 2109 Pack-A-Picnic
- ☐ 3501 Fishing Kit
- ☐ 2311 Little Helper Cart
- ☐ 2600 Boy's Trike
- ☐ 2601 Girl's Trike
- ☐ 6607 Field Explorer
- ☐ 2315 Sand Factory

Check style: ☐ Girl's ☐ Boy's

Check size (Remember, kids grow fast! Allow 4 weeks' shipping time when specifying size):
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1) Purchases must be made between January 1, 1989 and June 30, 1989. 2) All requests must be postmarked by July 15, 1989. 3) Limit one pair of sneakers per address, household, group or organization. 4) No duplication of the following items will be accepted: this form, UPC purchase proofs, register receipts. Sorry, we cannot process your request unless all required proofs are submitted. 5) Offer good only in U.S.A. Void where prohibited or otherwise restricted. PLEASE ALLOW 4 WEEKS FOR DELIVERY. Fisher-Price is not responsible for late, lost or misdirected mail.



Raquel Welch

STARTING OVER

For Raquel, last year was the worst: She separated from her husband and suffered a health crisis that nearly led to a hysterectomy. Now she's back in fabulous form, optimistic about the future



Raquel with husband Andre Weinfeld before their split. Though the marriage is over, "we still care about each other," she says

Photos from top: Andre Weinfeld/Sygma, Brion Quigley/Outline.

By Phyllis Battelle

As she sweeps through the gilt and glass doors of the Mayfair Regent Hotel on Manhattan's Park Avenue, Raquel Welch looks dazzling. Her smile glows, and her brown eyes shimmer, despite the tiny tension lines around them. As for that famous body, even the loose cashmere top she's wearing cannot conceal her generous curves. "My God, there's Raquel," a mink-clad matron whispers as a hush settles over the elegant lobby. "Isn't she *breathtaking*?"

At age forty-eight—and, she insists, without benefit of a face-lift—Raquel is still making heads turn. Seeing her self-confident stride, no one would ever suspect that she has just endured the most traumatic year of her often-turbulent life.

Financially, Raquel has never been better off. In December, she was awarded $14 million as the result of a *(continued on page 50)*

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All night. Every night.

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replenishing treatment.

Boosting moisture

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Skin feels firmer.

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looking younger in the a.m.





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Not you. You can laugh all the way to the gas pumps—thanks largely to a little gift of modern technology: an Electronic Fuel Injection system.

Basically, EFI is an automatic feeding system for your engine that helps deliver its ideal meal: an atomized blend of air and fuel. To meet an engine's changing energy needs, the EFI system is always varying the recipe (an extra dollop of fuel here, a smidgen there). Thus giving an engine the fuel it needs to start smoothly on cold mornings and run effortlessly all day. All without wasting fuel. And EFI helps reduce emissions. So it's good for the ecology *and* the economy.

You really see what EFI can do for you when you have a car like Chevy Cavalier. And you watch the gas stations flip by. Without having to stop. Then you see how Cavalier's great mileage*—and price—mean any way you look at it, you'll have the last laugh.

*EPA estimated MPG city 26 and highway 36.

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beauty report: hair care

Performance insurance: the new must for your hair

It's infuriating. The shampoo you chose so carefully for your hair type, the shampoo you count on to give your hair just what it needs — suddenly, without explanation, stops performing. Your hair looks limp . . . dull . . . blah.

Before you say, philosophically, "There are no guarantees," consider this: There is a reason the performance has been cancelled. "Shampoo build-up" clings stubbornly. Washing with even fine shampoos leaves a shampoo "residue" that gradually overwhelms all the good things your shampoo can do.



Even worse, tests on 15 quality shampoos show that these dulling residues keep on accumulating each time you shampoo. Adding more and more residue.

Performance insurance is what you need. But is it possible to insure that your shampoo will keep performing in spite of build-up? Yes! To keep your shampoo performing at its peak, you must, temporarily, switch to a shampoo that safely gets rid of build-up.

WARNING: Think before you switch. You may be simply switching from one set of residues to another. With poor results for the beauty of your hair. You need a shampoo that removes residues, and doesn't leave residues.

Which shampoo works best? According to laboratory tests of 15 quality shampoos, Neutrogena® Shampoo ranked at the top, and "demonstrated consistently superior residue removal with almost no build-up itself."

"Test results indicate a single wash with Neutrogena Shampoo was adequate to remove in excess of 90% of shampoo residue. Even with conditioners, which are far more substantive to the hair, a single wash with Neutrogena removes 70% of the residue."

Shampoo Rinsability Study, Neutrogena Skin Care Institute. (Excerpt from lab report).

The clincher: unlike many traditional shampoos, Neutrogena Shampoo frees your hair from most build-up the first time you use it!

If you want your chosen shampoo to perform beautifully for you, give it "performance insurance." Replace it occasionally with Neutrogena Shampoo for just 14 days. Then go back to your original shampoo, and see how much better it works!

Neutrogena Shampoo insures performance with a satisfaction-or-your-money-back guarantee. It is available at better drug stores and cosmetic counters. Look for it—in the white box with the brown band.

RAQUEL WELCH

continued from page 46

breach-of-contract suit she file against MGM, the studio that fired he from its 1980 film *Cannery Rou* claiming she was difficult. That firin Raquel says, blackballed her in Holly wood and was the reason she was o fered no roles in feature films for se eral years. Raquel has now made strong career comeback, but in term of health and love, she confides, it ha been a painful year.

Last October, Raquel underwent revolutionary new operation to sto uterine hemorrhaging. The bleedin was so severe that she once had to b rushed to a hospital for emergenc transfusions. "You know, it's such very, very private thing that I didn think I would ever talk publicly abou it," she says as she settles into a ban quette in an isolated corner of the ho tel cocktail lounge.

Then, while still recuperating fro her operation, she announced her sep aration from her third husban French writer-cinematographer Andr Weinfeld, after a nine-year marriag she had tried to preserve. Even no Raquel admits that she still loves An dre. "We are so close that I don't thin others can understand," she says.

Although Raquel would rathe keep her personal life private, sh agreed to talk about her operatio after recognizing that to keep silen might be selfish.

"I realized that what had been hap pening to me is happening to man other women who have terrible prob lems with hemorrhaging during men struation," she says candidly. For tw long, debilitating years, "I bled s heavily that I would have to sto everything and go to bed. Finally, was so weak and anemic that couldn't stand up."

A baffling condition

Raquel's problem had begun in 198 with monthly cycles that seemed t last longer and produce heavier-than normal flows. "It wasn't a constan thing every month, but when it hap pened, it was really bad. I thought must be going through menopause She had a D & C (dilation and curet tage) to diagnose the excessive bleed ing, but the results proved inconclu sive. "They said it couldn't be meno pause because I was still ovulating My doctor said, 'You look ver healthy. I don't see a thing wron with you.'"

Reassured, Raquel tried to ignor the problem. She was busy makin videos, and she'd received *(continued*

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RAQUEL WELCH
continued

a deluge of acting offers after her critically acclaimed performance as a victim of Lou Gehrig's disease in the 1987 TV movie *Right to Die*. But the hemorrhaging continued sporadically, disrupting her schedule and gradually sapping her strength.

"I have a very strong will," she says with pride. "I'd go through hell and high water to make performances work." She discovered, however, that determination couldn't conquer her health troubles. "I finally had to face the terrible fact that no amount of willpower helped. I was losing so much blood that my body just wouldn't *go*."

One day in 1987, while she was on location for an NBC docudrama, *Scandal in a Small Town*, Raquel literally collapsed. "It happened so suddenly," she remembers. "I felt my legs go weak, and right in the middle of the scene I just sank to my knees."

After four days in bed, Raquel felt fairly well again. But now she was emotionally shaken. "I kept wondering when the other shoe would drop," she says. "I'm a high-energy gal. But now I couldn't count on enough stamina to get through a day."

Raquel consulted gynecologists in Los Angeles, where she keeps a pied-à-terre for use while she films videos and TV movies (her primary residence is in New York). All were baffled by her problem. "I was in trouble," she says. "But no one knew why."

Her heart and lungs were perfectly healthy, the result of eight years of rigorous dieting, yoga and aerobics. In fact, between sieges of hemorrhaging, she filmed a physically strenuous n exercise-diet video, "Raquel: Lose lbs. in 3 Weeks."

Private heartbreak

Besides her physical trauma, Raq was also under a great deal of emoti al stress: She and Andre were in t midst of a secret trial separation, a she admits that the situation was t ribly painful.

Talking about the breakup is di cult for Raquel. As adept an actress she is, she cannot conceal her dis pointment at parting from the Fren man she describes as "uniquely s cial. I think he's a genius."

Andre is also a "free spirit," and R quel concedes she may have been demanding. After their 1980 marria he had devoted most of his time helping her rebuild her career, wh had plummeted after the debacle w MGM. He encouraged Raquel to tac Broadway in the musical *Woman of Year*, to write a book, and to ma fitness videos and TV films. Th formed a joint production compa Total Video, and Andre did editi mixing and dubbing of Raquel's vid tapes. "He was my man," she sa "helping me take my best shot."

But Andre was restless to resu his own career as a writer-cinemat rapher. Raquel admits he told her s eral years ago, "Listen, my love, n that you have this rebirth, I've got go my own way. You can't stay a ch forever." She understood, but s didn't want to let go. "Andre made feel less vulnerable. I *needed* him," s says. That led to constant argumen "We were two strong personaliti each with our own needs."

Finally, last spring, they agreed the separation "to see if we felt bet apart or wanted to rush back into ea other's arms." Andre rented a stu directly above the luxurious Manh tan co-op they had shared on tony Ce tral Park South, a move that Raq approved because "I didn't want to b weight hanging around him when wanted to fly. But I still care enou about him that to lose all conta would be a kind of death."

As she reminisces now, sipping c fee, Raquel says, "Andre and I learn that the marital intimacy is rea over, but we can still love each othe without being lovers. To me that's happy ending." But the trial sepa tion "was a terrible time. I felt I was some awful purgatory!"

It was while Raquel was in that v nerable emotional state last fall th her physical problem reached a pea She was in L.A. "I hadn't had a hemorrhaging for *(continue*

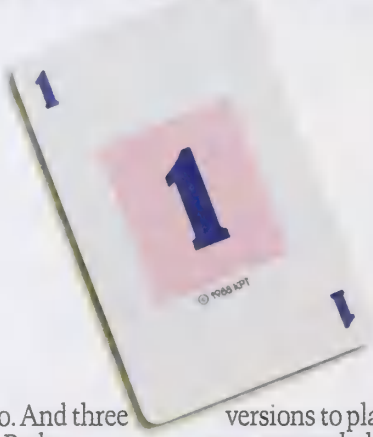


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■ RAQUEL WELCH
continued

three or four months," she re "Then all of a sudden, I started b ing so heavily that I couldn't eve out of bed to go to the bathroom.'

Gynecologists rarely make h calls, but when Raquel phoned he tor, he hurried to her apart and did a blood test. "Your hemog count is down to seven," he told he normal count is fourteen.) You're to Cedars-Sinai Medical Center blood transfusion immediately."

Raquel was frightened. Many earlier, her adored father had diec prestigious California hospital afte nor surgery. That tragedy made he derstandably wary of hospitals.

It was a consolation to Raquel she was surrounded by friends loved ones. Andre was with her her son Damon, twenty-eight, daughter Tahnee, twenty-seven– dren from her first marriage to hood sweetheart Jim Welch—of support. Damon was at the hos and Tahnee, an actress, phoned Italy, where she was making a "My kids have always been prote almost as if they were the adults was the child," she says fondly. "' they were little, if they saw me s crying, they'd stroke my arm anc 'Don't worry, Mom, it's going fine.' They're still like that."

A difficult choice

Once the hemorrhaging stopped her blood count rose a few points quel had to make a decision. Sh to choose between a hysterectom a still-experimental alternative o tion—a technique for cauterizin uterine lining to stop the hemor ing. Raquel would be only the teenth patient to undergo treat with the technique, which she a made her very scared. Yet she want to have a hysterectomy. "' *hated* the idea of having my u taken out," she says. "To me seems like an *amputation.*"

Raquel's doctor had researche operation, called the rollerball, aft instrument used. It was being test Duane E. Townsend, M.D., pro and vice-chairman of obstetrics ar necology at the School of Medici the University of California, I The doctor told Raquel that Tow was an excellent surgeon. She cho rollerball; Townsend was to perfo

Raquel was again bleeding he last October as she boarded a flig Sacramento, where Townsend perform the operation at Sutter M rial Hospital. She was accompani

ng-time woman friend "to hold my d." Andre stayed behind to finish ing their latest video. "I told him, n't come, I'll be all right—but if e's any trouble, you jump on a e and *be* there!' " she recalls.
ord of her illness had spread, how-, and when Raquel arrived at Sut- Memorial, she was horrified to find tabloid press waiting for her. They oped photos of her, weak and frag- in a wheelchair. "I knew what ilyn Monroe meant when she said felt like a piece of meat," Raquel , still bristling at the memory.
aquel was operated on the next She remembers waking, still grog- rom the anesthesia, with intrave- needles in both arms and residual . "I wanted to rip out those needles get out of there!" she admits. She relieved to hear Townsend say that thought that after recovery she ld be absolutely fine.
owever, Raquel soon found herself ng yet another hurdle. While she hospitalized, the gossip columnists noted Andre's absence from her ide. "People try to make things and rotten—they implied that re was off in Paris with a bevy of els," she recalls with annoyance. r two months of growing rumors, and Andre felt they had to go pub- 'We didn't want the gossips and ers to get into our lives," she says, painful as it was for both of us, we unced our separation."
ey have already worked out the ncial arrangements for a future di- e, and are pursuing their individ- careers. Weinfeld is writing his American feature film, a political ler he'll produce and direct in Par- is summer. And Raquel has been filming *Trouble in Paradise*, a novie for CBS, and is developing a ini-series about 1930s Broadway rtainer Libby Holman.
doubt, there will be other men: el Welch is much too beautiful to lone for long. "I don't expect to anybody like Andre again," she "He's very special. But I'll proba- emarry, because I'm a romantic believes in love and marriage."
w that she has regained her h, Raquel is looking forward to ever the future holds. For the first in her life she believes she can care of herself. After everything been through in the past six hs, she says, "I feel I'm a stronger t and a stronger person." ■

d-winning journalist Phyllis Bat- s a frequent contributor to LHJ.

re information about surgical substitutes erectomy, turn the page.

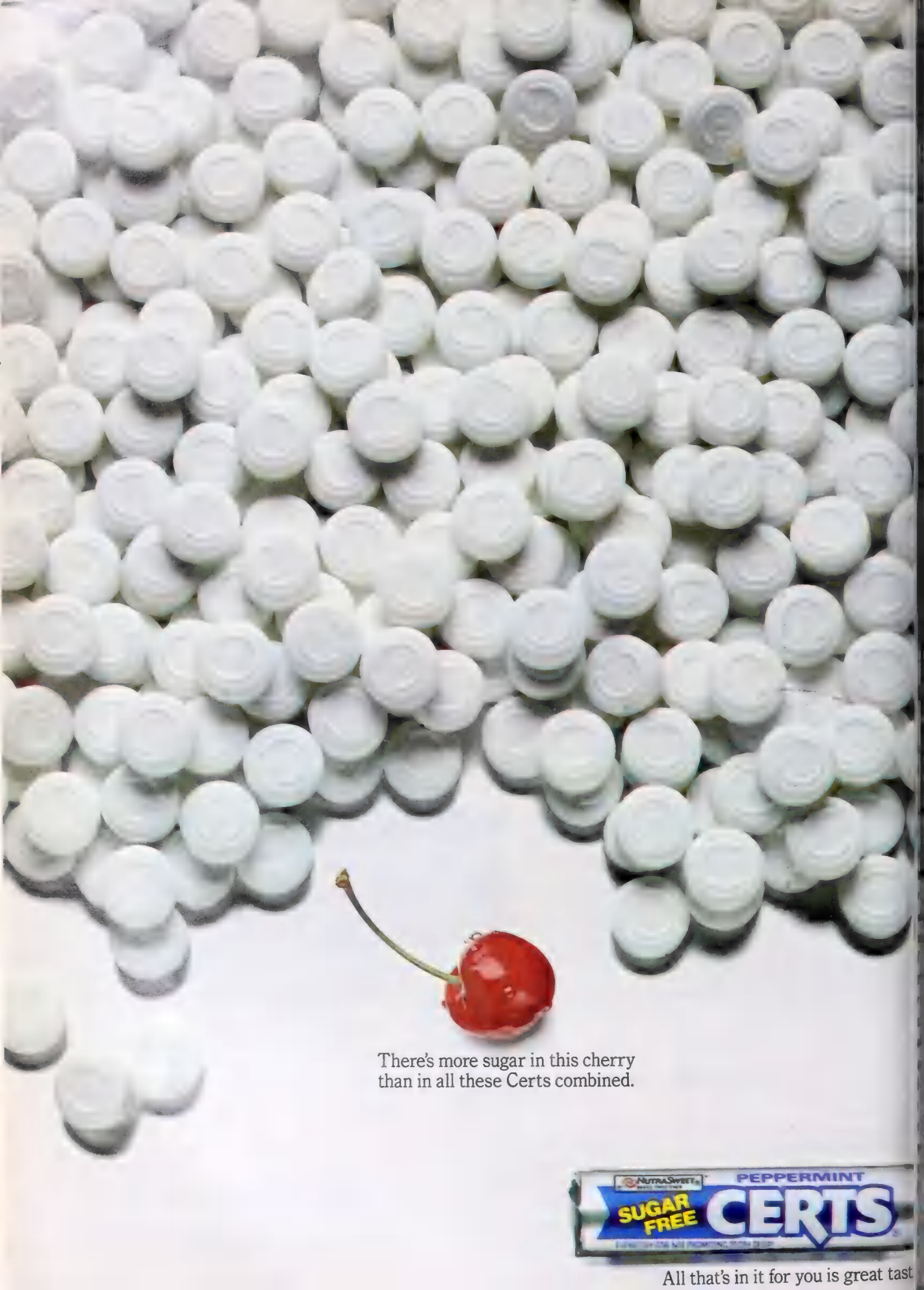
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ee alternatives to hysterectomy

Raquel Welch, many women today do ant—or need—to have a hysterectomy lve their health problems. "Women d be given other alternatives, unless roblem is life-threatening," says Ruth rtz, M.D., an obstetrician and gynecol- in private practice in Rochester, New and a member of the American Col- of Obstetrics and Gynecology Task on Hysterectomy.

latest medical alternative to the esti- 600,000 to 700,000 hysterectomies med every year is the rollerball oper- Raquel underwent. The rollerball is per- d with an instrument called a resecto- a pencil-thin wand with a tiny electri- harged ball or loop at the tip. Accord- Raquel's doctor, Duane E. Townsend, ioneered the technique, the resecto- is inserted through the cervix and d around the uterus, cauterizing the e and destroying the cells that make e uterine lining and cause menstrual ms.

nsend stresses that the rollerball can- not cure malignancies. But benign tumors—even large fibroids—can be removed.

Ironically, the rollerball technique has been used for more than thirty years—to treat men for prostate problems. "But what *is* new—and the key to our success with the rollerball—is our ability to look inside a patient's uterus before the operation with a device called a hysteroscope, which has a built-in light and miniature camera," Townsend says. "It sends back a picture of the uterus, which appears on a video screen. The patient and her doctor can see what the problem is and decide how to treat it."

Although there are only a handful of doctors in the U.S. currently using the rollerball, Townsend predicts that within three years it will become a standard procedure, reducing the number of unnecessary hysterectomies. What's more, the cost of the rollerball operation is just $2,000, while a hysterectomy can be $8,000 to $10,000.

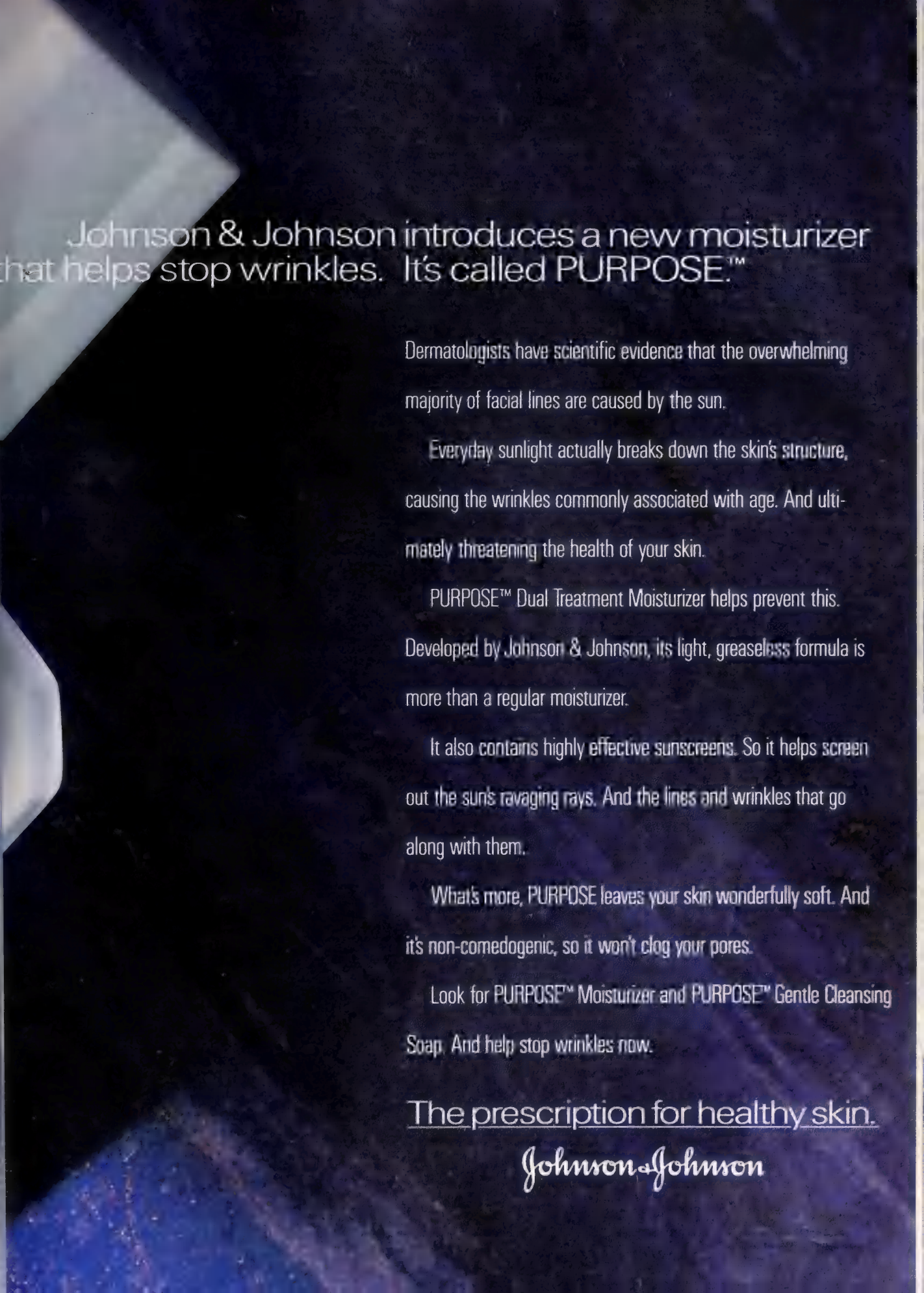
Another new method for treating extensive uterine bleeding is laser surgery; so far only 20 to 30 percent of gynecologists in the U.S. are trained in it. In this procedure, a special operative hysteroscope is inserted into the uterus. The laser beam travels through an optical fiber inside the scope and coagulates uterine tissue, thus stopping bleeding. As with the rollerball technique, no incision is required, and the cost is less than for a hysterectomy (about $3,000 to $4,000). However, laser surgery does cause sterility. Not only that, 12 percent of the patients who undergo the surgery continue to experience bleeding. There is also some concern that if all the uterine tissue is not removed, cancer cells may develop.

Finally, if a woman's bleeding is caused by uterine fibroids, she can undergo a myomectomy—surgery that removes just the fibroids. Though this procedure is not new, it's often recommended only for young women who plan on having more children. The drawbacks: Myomectomy can be a difficult procedure, causing a great deal of blood loss. Also, because fibroids often reappear, doctors may recommend hysterectomy as a permanent solution.

—Pamela Guthrie O'Brien



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MOTHERHOOD 1989
the state of the art

To mark this watershed Mother's Day, we look at the troubling new problems and the timeless rewards of the most challenging job in America, and we talk to the real-life experts—moms—about mothering

By Judith Kelman



FRANCINE GODCHAUX, 36
Attorney, New Orleans Chamber of Commerce, stepmother to Hope, 12, and Leon, 16

"Three years ago, I moved from my own peaceful apartment to a house with a husband, two children, two golden retrievers and a ferret. To say it was a major transition would be a major understatement. There's no honeymoon when you marry into a stepfamily, and there's no time to be a me-first bride.

As my relationship with the kids has evolved, I've had to keep reevaluating my role in their lives. In the beginning, I thought it would be better for my husband to do the disciplining. One day, Hope was using our bed as a trampoline, and I started to call for her dad. She put her hand over my mouth and said, 'No, Fran. You tell me yourself.'

There have been precious, unexpected pleasures, too. On my birthday, my stepson gave me a gift he'd bought on his own. He's not a demonstrative boy, and I know he had to dig deep to do that. Hope often introduces me as 'my mom.' Gradually, we are forging our own family traditions, but the adjustment takes a lot of time and compromise. Understanding that meant I didn't step into a pile of manure. Instead, I've been able to walk around it."

Like hope, some components of motherhood spring eternal: the wonder of an infant's first smile, the thrill of a baby's first word, the satisfaction of guiding a child through the tempests of adolescence. But the patterns of motherhood *are* changing, in ways both prosaic and profound, as America stands on the cusp of the nineties.

Blended families are fast becoming the norm rather than the exception; millions of "sandwich-generation" women are caring for parents as well as children; and far too many families are finding themselves without one of their most basic needs: a home.

WORKING . . . WITH CHILDREN

Perhaps the single most startling and far-reaching change in motherhood is the unprecedented surge in the number of working women with infants. The newest statistics show that 50.8 percent of all mothers with children under age one are employed outside the home. That reflects an astonishing jump of 42 percent since 1978, when just 35.7 percent of such *(continued)*

"I find myself crying a lot. It's scary not knowing where our next home will be. I've been in four different shelters already. The people in this one have been great, but the rules say we can only stay a month or two.

I left the boys' father because he beat me. There was so much anger in him. Finally, he broke my jaw, and I was in the hospital for a week. I knew I had to get away from him to survive. When you're abused, you feel so degraded. But my kids kept me going. I love those boys, and I know I've been a good mom.

In this shelter, I'm finding out about programs that can help me get back to work and become financially independent. My dream is to become a police officer; I'd have good child care, and I'd be able to help other women.

It hasn't been easy for us, and I know I have a lot of hard work ahead of me. But I'm determined to make a secure, happy future for myself and my kids. I'm going to make it. I am."



LEOLA ARNOLD, 25
Mother of Joseph, 7, and James, 5; currently pregnant with her third child. Interviewed while living in a Santa Clara, California, shelter for the homeless

(continued) mothers were in the work force, according to Howard Hayghe, an economist with the federal Bureau of Labor Statistics.

The percentage of working moms with older children is even higher: 56.1 percent of all mothers with children aged six or under (up from 44 percent in 1978) and 65 percent of all mothers with children under eighteen (up from 47 percent in 1978).

This trend shows no sign of reversing, or even of slowing down. By 1995, two thirds of all preschool children and four fifths of all school-age children will have a mother in the work force, according to Helen Blank, director of child care for the Children's Defense Fund.

Now that their numbers have become so strong, can this critical mass of working mothers finally make affordable child care a national priority? Experts say the odds, though slim, are improving. In the last session of Congress, the Senate killed legislation that would have helped low-income parents pay for day care and provided up to ten weeks of unpaid parental leave to parents of newborn, newly adopted or seriously ill children. A $2.5 billion day-care subsidy package ran into opposition as well. But now, with President Bush ostensibly taking the cause more seriously than did President Reagan—Bush calls child care "one of the most important issues facing the nation"—there is hope that similar legislation may eventually be enacted.

CAN WE GO HOME AGAIN?

With all the difficulties of balancing family and career, it is little wonder that many working mothers feel the tug of home. Some, deciding they cannot be superwoman, drop out of the workforce to be with their kids during the precious years of infancy and childhood.

But the number of women who do so—or can even consider doing so—is extremely small. More often than not, such a move has its drawbacks as well as its joys. "Staying home, for most women, means sacrifice," says Susan Hayward, vice-president of the research firm Yankelovich Clancy Shulman. "They have to give up a lot economically."

DIVORCE AND (RE)MARRIAGE

Women often stay behind their desks for another reason as well: "They work as insurance," Hayward says. "Most of them realize there's a possibility they might end up raising the children by themselves because of divorce." (Experts say that more than half of all court-ordered child-support payments are never made.)

America's divorce rate is high and likely to remain so; about 60 percent of the marriages among those adults born in the older half of the baby boom (ages thirty-three to forty-two) will end in divorce, while the rate is a slightly lower 50 *(continued)*

om sat on the bench of the little yard table as Daniel began to tell mazing story. His younger brother stood nearby, ready to support the "They

child-sized seat. "Beat 'em up," Daniel said matter-of-factly. "And I shooted 'em!" Sam announced, waving his red plastic water pistol. "Well, I appreciate you guys protecting me from those bad pirates. But what did they have to do with the all over the table?" Mom ered where their inations ld

just like you and Sam?" she asked, trying to lead the witness. "I'm sure! The pirate captain drawed a map and was gonna take the table with him. But me and Sam wouldn't let him!" "For real!!" Sam confirmed. Mom leaned close to their faces. "Well, those pirates are going to be in a lot of trouble if they make a mess like this again. Your Dad might even give them a spanking!" "Yeah, Daddy'll show those pirates!" Daniel shouted. Then he d Sam dismissed themselves and t out for new adventures on e swing set. "I don't think y caught my drift," om mumbled to erself. She picked up her bottle of Fantastik and began to spray the plastic abletop. Only then did she focus her attention on the actual drawings themselves. Beside Daniel's house sketch was an arrow with the letter N at its point. And running the length of the table was a long crooked line that looked like some of Sam's handiwork, except for the rather ornate X at its center. Then she saw the elegant script, now almost obliterated by the Fantastik. APE ROMAIN. HIGH TIDE. STEER EAR THE SHOALS. 1000 PACES ORTH FROM SOUTH POINT. slowly raised her head, and ed at her now tomato-less tomato vines.

(continued)

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tion. "Mama, that's what
I'm tryin' to tell you. The
pirates did it!" "Are you sure
wasn't a couple of little boys who loo

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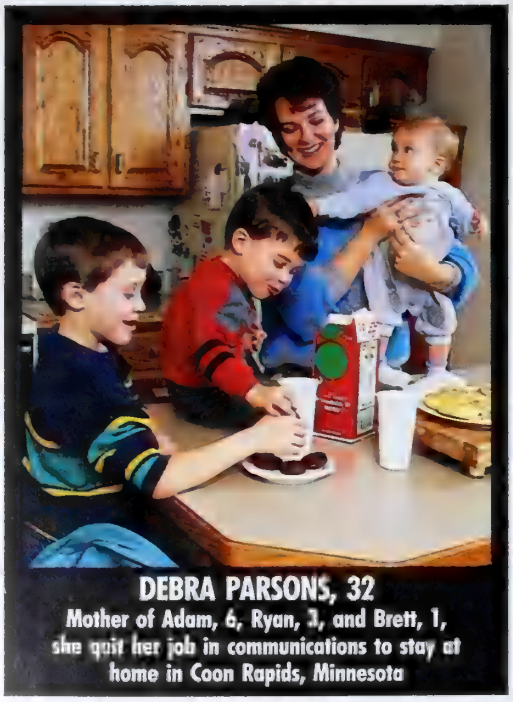
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lifestyle



DEBRA PARSONS, 32
Mother of Adam, 6, Ryan, 3, and Brett, 1, she quit her job in communications to stay at home in Coon Rapids, Minnesota

"Quitting to be at home with the children was one of the hardest decisions I've ever made. When I gave notice, I broke out in a cold sweat. My husband is a self-employed home-improvement contractor, and without my paycheck and benefits, we knew we'd have to scrape to bare bones to make ends meet. But I'd had it with feeling torn between my job and my children. I'd had enough of getting up at five, depositing the boys in two different day-care programs, working all day and coming home too exhausted to do anything but get everyone fed and bathed.

Of course, staying home has disadvantages. The routine can get me down, and there are moments when I feel like screaming. I'm also concerned about losing valuable contacts in my field, because I eventually hope to pick up my career again.

But there are huge pluses. Now if Brett is sick, I can hold him for an hour. I'm not too tired to play with the children or read them stories. Those are the things kids remember, not whether Mom got a raise. I never wanted to look back on these years and say, 'Why wasn't I there more?' For me, staying home was the right decision—absolutely."

(continued) percent am younger boomers (a twenty-four to thirty-thr But there is encourag news as well: The numbe divorces has stabilized about one million per y after steadily increasing nineteen years.

Divorce and remarri have given rise to the p nomenon of the blen family. There are now m than 35 million steppare in the United States, and the year 2000, the num of children in stepfamilies outnumber those in traditi al two-parent families.

Blended families mean particular difficul for stepmothers. "The bigg problem is unrealistic expec tions," says Mala Burt, presid of the Stepfamily Association America, in Baltimore. "Won



me they'll know how to con-
with a stepchild. But love
n't happen easily. It may take
s for a positive relationship to
and develop."

IGES AND CHALLENGES

ddition to caring for children,
her their own or their part-
many women are now find-
hey must also care for their
nts or elderly in-laws. About
million women face such dou-
demands, and that trend will
nue into the next decade as
rica grows even grayer.
ne biggest issue for most care-
s is lack of free time for them-
s," says Rhoda Veney, deputy
tor of Family and Child Ser-
in Washington, D.C. "There's
constant worry, the endless
of responsibility."
t as discouraging as it is to
for two generations, it is far
heartbreaking *(continued)*



SHEILA JACKSON LEE, 39
A Houston attorney in private practice and a municipal court judge; married, mother of Erica, 9, and Jason, 3

"I was working at a law firm when my first child was born. At that time, there were no maternity policies. I took off three months. I felt self-imposed pressure to get back, and it was hard. But I found that like all mothers, I got very creative in finding time to spend with that baby. It's not easy to entrust your children to someone else; you want to be with them.

As a professional, you're always feeling that you don't want them to think that as a woman you can't handle it. As a black woman, you have even more responsibility. You are a role model. My husband and I married in 1973, and there are many out there like us. Statistics don't always capture us, though we realize there are many black female heads of households—many doing very well, I might add. I do have problems; you face a lot of difficulties as a black woman in showing your talents.

My biggest challenge is to be a mom, to make sure my children don't feel they are being shortchanged. The children have come to court to see what Mommy does and to understand that her absences are not because she doesn't care.

I'm excited about my children's progress. My daughter, without me prodding her, has indicated that she wants to run for president. My three-year-old is very young, but if his energy level is any indication, I expect great things from him, too."



MARTA GOLDBLATT, 33
An Oak Brook, Illinois, housewife; mother of Monica, 2, Suzanna, 4, and Gina, 6, who was born with cerebral palsy

"After Gina's cerebral palsy was diagnosed, my husband, Michael, was reluctant to have other children. He feared they might be disabled, too. He questioned whether we'd be able to balance Gina's needs and the needs of other kids. But I finally convinced him, and we sweated through two more pregnancies. When Suzanna was born, and the doctor told me she was fine, I couldn't stop crying. Why couldn't it have been like that with Gina? Even now, when I see a mother with three 'normal' little girls, I can't help but think that could have been me.

Gina's therapies and equipment cost a fortune; luckily, my husband's insurance pays for most of it. But we still have to pay $15,000 a year out of our pocket for her expenses. Other families buy furniture; we buy walkers and wheelchairs and leg braces. I loved my job coordinating a nutrition program, but I had to quit to be available to take Gina to therapists and doctors. Still, I'm grateful for all Gina can do. Recently, she learned to go to the bathroom by herself. It took years of hard work. But I'll never forget how she said, with a mischievous smile, 'You don't have to help me, Mommy.' Moments like that are the payoff for the sacrifice."



MELODY HAINES, 35
Writer and producer of TV commercials, Fort Myers, Florida; divorced mother of Jenny, 9, and Bobby, 11

"After nine years of marriage, my husband left me, in 1987. It was a terrible shock; I'd always been so dependent on him. Then he sued for divorce and told me he wanted custody of the children. We fought a long, tough battle, but I won.

Then I started working. My husband paid his court-ordered support, but he was often late, and it wasn't enough to cover the bills. Meanwhile, I broke into advertising by writing a commercial for a cancer institute that no one else wanted to do. The divorce has been hard on the kids. For a while, Jenny would crawl into my bed every night, and Bobby began to have trouble making friends. With counseling, we've all come a long way. I know now that I don't need a man to justify my existence. I'll take my kids, myself and my accomplishments over anything."

(continued) for a mother to know that she cannot provide even a home in which to shelter her children. Contrary to popular perception, homelessness, which has spilled over from large cities into suburbs and small towns, is not a problem mainly affecting single men.

Instead, families comprise the largest segment—40 percent—of the estimated three million homeless, says Kristen Morse, assistant director of the Coalition for the Homeless, in New York City. Thirty percent of the homeless—one million—are children. Their average age: six.

As the biggest causes of homelessness among families, experts cite a sharp reduction in federal housing funds and a simultaneous decline in the construction of affordable homes. "Five years ago, we weren't even keeping statistics on this," says Morse. "Homelessness was not perceived as a problem. But in 1988, the number of homeless increased by twenty-five percent, and it's not getting better."

LOOKING AHEAD

Unquestionably, the challenge of being a mother in 1989 is greater than it has ever been. Most mothers work, and not only must they find someone to care for their children during the day, but they must somehow summon reserves of energy to be loving parents at night. For the millions of women who manage to balance these two demanding worlds, however, the reward is well worth the effort. ■

Judith Kelman, a novelist and freelance writer based in Connecticut, is the mother of two children.

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"I'm so flabby—I just hate to undress at the gym."

"How could I have made such a fool of myself at the office party?"

"I'd die if anyone knew that Johnny flunked out of school."

SHAME the secret emotion

In any situation where we lose face—from failing an exam to mispronouncing a word—we may feel shame. Here's how to understand—and cope with—one of our most hidden feelings

By Mary Ellen Donovan

After fourteen years of marriage, Julia is still bashful about letting her husband, John, see her naked. She usually undresses at night in the bathroom and insists on turning the lights off whenever they make love. "I know I seem prudish, but that's not really the issue," Julia says. "It's just that when I think of somebody else getting a close look at my stretch marks and all my cellulite, I feel so ashamed."

Sheryl, a successful real estate broker, exudes confidence and self-esteem. Friends describe her as a woman who has her life together. But what they don't know is that for years Sheryl has been a compulsive overeater. "Whenever I pig out, I want to die from shame," Sheryl says. "My friends think I'm in control, and I'm not. I realize there are lots of people with this problem, but sometimes I feel I must be the only person on earth who's so disgusting."

As the wife of a network TV producer, Alice frequently attends social functions where she meets people with Ivy League degrees who hail from rich families. Whenever Alice is asked about her own background, she offers a vague answer and then quickly changes the subject. "I love my parents, and I've done a lot in my life that I'm proud of," she explains. *(continued)*

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SHAME
continued

"But sometimes the fact that I grew up in a low-income housing project and don't have a college degree makes me feel inferior and ashamed."

Shame. There isn't one of us who hasn't experienced this unpleasant and powerful emotion. It may result from a major trauma, such as being fired from a job or failing a professional licensing exam—or from something seemingly trivial, such as mispronouncing a word, wearing the wrong thing to a social event.

"There's no end to what people feel shame over," says Ruth Hersh, M. Ed., a psychotherapist in New York City. "We can be ashamed of our family backgrounds, our education, not having a good enough job, not having enough money, or even having too much money. And women in particular feel an enormous amount of shame about their bodies and their sexuality."

Experts are beginning to realize that unreasonable feelings of shame can cause persistent and serious problems. "When shame is a frequent presence in people's lives," Hersh says, "it inhibits their ability to be close, to have sexual relationships, to express their true feelings and to go after what they want in life. It keeps them from being themselves."

"At the core of shame is the sense that your basic nature is inadequate and unlovable and that once others discover this they won't want anything to do with you."

Defining the problem

Shame is marked by several distinct characteristics. First, there's the feeling of being exposed, of having your inner self revealed to the world and shown to be flawed, unworthy, irredeemably bad. Second, there's the impulse to cover up and divert atte from the inner self, which has exposed. People commonly de shame as causing them "to want t curl up and die." (Significantly word *mortified*, which describes shame, comes from the French meaning "death.")

Shame causes an uncomfo physical reaction, too: Your hea becomes rapid, and you may be blush—the reason that shame is described as a hot, burning feelin

Finally, perhaps the most distin feature of shame is that it is a emotion. When we experience kinds of feelings—anger, joy, sor the natural impulse is to express some way. Shame, however, we w keep to ourselves.

And though shame is an inte private feeling, it is closely link public appearances. "With shame, is always the presumption of an person's presence," says Thomas S Ph.D., a sociologist at the Univers California at Santa Barbara. "S results from imagining how we l the eyes of others."

A primitive reaction

Shame is often confused with guil there are important differences be

vo. Guilt comes from *doing* some- bad, or *not doing* the right thing, shame makes us think that there is hing wrong with our very selves. e is about *being* a bad person, or g that others perceive us as bad. s also a far more instinctive reac- nan guilt. Psychologists have dis- ed that children can experience only when they are capable of reasoning, usually around the six. But the capacity for shame es much earlier, when children out twelve to eighteen months nus, when we experience shame as , Hersh says, it "takes us back to t was like to be a helpless, vulner- child who has been made to feel quate and bad."

the core of shame," says Merle m, a clinical social worker in St. Minnesota, and co-author of *Fac- ame* (W.W. Norton, 1986), "is the that your basic nature is inade- and unlovable and that once s discover this they won't want ing to do with you."

lings of shame usually come from of two sources. First, there's the we feel when others treat us in a ling manner, making us feel and worthless and robbing us of lf-esteem. "This can range from ne making derisive comments you, to being raped or mugged," ossum. "Unfortunately, it's im- le to avoid this kind of shame se you can't go through life with- er being treated badly."

econd kind of shame may result our own obsessive and addictive ior, such as compulsive eating or ng, or sexual promiscuity. "In cases, the person feels degraded behavior," Fossum says, "yet ues to repeat it, which leads to c shame."

ough the two types of shame not appear to be related, there is, , a crucial link between them. ever anyone is engaged in an ive, addictive behavior that her feel degraded, she was proba- eated badly by others at some n her life," Fossum says.

example, Sheryl, the real estate prone to food binges, grew up in osphere of constant criticism and l antagonism. Blamed by their s whenever things went wrong, and her siblings were often be- or being "parasites who do noth- take, take, take."

re wasn't a day when I was growing I didn't feel ashamed about some- Sheryl says. "It was only recently arted to see that my problems with e connected to the bad feelings I've had about myself."

Sheryl, many people grew up in homes where shame was a constant. And in some of these families, shame becomes the dominant emotion. This happens when a mother and father feel shame either because of the way *they* were treated by their parents, or because they have addictive behavior patterns. Instead of dealing with the problems that are causing their shame, they deny that anything is wrong, and their children become the recipients of their negative emotions. The children then grow up full of shame and later belittle *their* kids, and the cycle continues.

The cultural influence

Of course, families are not the only source of shame; there are many life experiences that leave a painful legacy. Children often humiliate their peers by calling them cruel names, such as "fatso," or by telling embarrassing stories about them. Teachers and other authority figures (like coaches who call poor athletes "wimps" or "sissies") can also cause children to feel shame by criticizing them in front of others.

Shame is influenced, too, by the general cultural climate. What we feel shame about, and the degree of shame we feel, are very much influenced by where in the world we happen to live and at what time in history. African tribeswomen accustomed to wearing little clothing, for example, obviously don't have the sense of bodily shame that Julia and so many other Western women have. At the same time, a woman like Julia probably has far less shame than either her Victorian-era ancestors or women living in strict Muslim cultures. Under the Muslim custom of purdah, it is considered a shameful disgrace if a woman bares any part of herself—even her face—in public.

In countries like Brazil, where an ethic of machismo dominates, there's a great deal of emphasis on avoiding loss of face. If a man is defeated by an enemy or cheated on by his wife, not only does he suffer the internal pain of shame, but his family's social standing and good name are destroyed.

In our own society, Hersh says, "the degrading images of women in pornography, the prejudices against older women, the emphasis on being thin—all reflect a cultural attitude toward women that is absolutely cruel and leads to so much female shame. Because so many negative beliefs about women are built-in features of our culture, they're bound to affect how women see themselves." *(continued)*

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■ SHAME
continued

Breaking the habit

Although we're all bound to feel ashamed occasionally, no one has to go through life consumed by this negative emotion. There's no magical solution that will get rid of shame overnight, but there are steps you can take to help you discard the burden of shame:

• *Learn to deal with compulsive habits.* Whether you're addicted to shopping, eating or alcohol, there are lots of other people who have the same problem and are beating it with the help of a support group. For instance, once Sheryl met others who have eating disorders, she was on the way to recovery. "I still get in funks where I binge and feel so disgusting that I know no one will want anything to do with me," she says. "But then I force myself to call someone from Overeaters Anonymous. I can't tell you what a difference it's made to break the silence about my secret. It's such a relief to be able to show other people who I am, and to finally stop pretending to be so perfect and in control."

• *Accept the "shameful" part of you.* "It's the needy child we all have within us who feels the pain of shame," says Hersh. "If the rational, compassionate part of you can accept that child instead of rejecting and hiding her, you'll be well on your way to getting rid of a lot of shame."

This was true of Alice, who was afraid her husband's Hollywood business associates would look down on her lower-class upbringing. "I finally realized that some of the people I considered snobs really aren't that way at all," she says. "Because I *felt* inferior, I assumed that they saw me as inferior."

• *Learn new ways to handle problem feelings.* "Many people were shamed at an early age for having certain feelings, like anger," says sociologist Scheff. "They then feel shame whenever they experience those emotions." You need to accept all of your emotions as natural and learn to express your negative feelings without putting other people down.

• *Let go of outgrown values.* Most of us have mental lists describing all the qualities we think we should have: "I should be twenty pounds thinner" or "I should really be a good cook by now." When we fail to live up to this list of shoulds, we begin to doubt our worth and we feel shame. The problem is that we rarely question this list. So at least once a year write down all your shoulds. Then go down the list and ask yourself if living up to e these ideals is still important t cross out those that no longer fit

For instance, once Julia ques her shoulds, she came to the c sion that she didn't have to h perfect figure—and that she h reason to be ashamed of her "Working out at a gym has giv the chance to see what other wo bodies look like," she says. "I u compare myself to models in zines, but now I realize that mos ple don't look like that. Even th don't have a great body, and I'll feel really comfortable being se ked, I know now that I'm not a sive blob who has to hide."

Simply put, ridding oursel shame means accepting the imp people we are. "We have to stop ating ourselves according to star that are unfair, demeaning and i sible for most of us to live u says Hersh. "If we can begin to the essence of who we are rega of our looks, roles and work, w much closer to freeing ourselves shame."

New York free-lance writer Ellen Donovan is co-author Linda T. Sanford of "Women & Esteem" (Penguin, 1985).

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When It Comes To Menopause Your Body Is 100 Years Behind The Times.

Your feelings and fears that menopause signals the onset of old age aren't so farfetched. As recently as a hundred years ago, a woman had little chance of living more than a decade after menopause.

But today you can expect to live thirty years more — well into your seventies or eighties. They can and should be vital, alive, and healthy years free from the distressing symptoms that can come with menopause.

What happens at menopause and why.

Somewhere between 45 and 55 your body begins to produce less and less estrogen. The lack of this vital female hormone is what causes "hot flashes," the sudden and unpredictable sensation of heat and sweating. Hot flashes are the most common symptom and can be a very "public" and embarrassing one. They can also lead to insomnia and irritability. Another common symptom is vaginal dryness. These symptoms are not "in your mind." They are real, they are physiologically based and your doctor has treatments for them.

You don't look middle-aged.

And you don't have to feel middle-aged.

Today, more women are staying vital and active well into their menopausal years. A healthy



life-style, good nutrition and exercise can g long way towards helping you feel good dur time of life. But if the symptoms of menopa disrupting your life you should see your doc because today there are new approaches to treatment of menopausal symptoms. See yo doctor and find out why now, the change o doesn't have to change yours.



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MENOPAUSE INFORMATION CENTER

LHJ-05

MEDINEWS

By Sally Squires

TO HELP YOU AND YOUR FAMILY STAY HEALTHY

sunlight and cataracts

Do your eyes a favor this spring: Wear sunglasses and a hat when you're outdoors. Researchers at Johns Hopkins have found that daily sun exposure can increase your risk of developing cataracts—an eye disease that causes seventeen million cases of blindness each year worldwide. Sunglasses provide fairly good protection—especially when worn with a hat. Better yet, order ultraviolet-B-blocking glasses from an optometrist. Ultraviolet-B is more harmful to the eye than any other ray from the sun.

new counts against caffeine

More reasons to cut back on caffeine: ■ *Fertility* A study done at the National Institute of Environmental Health Sciences, at Research Triangle Park, North Carolina, showed women who drank one or more cups of coffee a day (or ingested equivalent amounts of caffeine in tea or soft drinks) took two months longer to conceive than abstainers. ■ *PMS* According to a study done in China and reported in the *American Journal of Public Health*, women who sipped four to eight cups of tea daily were ten times more likely than those who drank less to have such premenstrual symptoms as bloating, irritability. ■ *Heart disease* Men who drink five or more cups of coffee a day are nearly three times more likely to develop heart disease than men who consume none, show studies done at the Johns Hopkins Medical Institutions.

kicking the habit

If you've tried chewing nicotine gum to stop smoking but found yourself backsliding, behavioral therapy may be the missing link you've been looking for. Researchers at Miriam Hospital, in Providence, Rhode Island, found that people who chewed gum and received information on the dangers of smoking had limited success in quitting. What worked much better? Arming gum chewers with strategies for problem-solving, relaxation and time-management.

now, hear this

Do you like loud music but fear it might harm your hearing? Give your ears a break by turning off the music at regular intervals. Hearing can often recover from the damaging effects of continual loud noise—if the sound is interspersed with frequent periods of quiet throughout the day, say researchers from the Central Institute for the Deaf, in St. Louis, and the Los Alamos National Laboratory, in New Mexico. Their research suggests that factory workers, heavy-equipment operators and rock-music aficionados may suffer only temporary hearing loss, provided they are given periodic relief from the auditory onslaught.

new osteoporosis treatment

Help may finally be on the way for elderly women with dowager's hump—the disfiguring curvature of the spine caused by osteoporosis. Researchers at the University of Texas have developed a therapy that reverses bone loss. The still-experimental treatment includes sodium fluoride in time-release capsules, plus calcium supplements. If you (or someone you know) have spinal osteoporosis, you may be able to take part in the ongoing trial of the new therapy. Ask your doctor to write to the Mineral Metabolism Section, Department of Internal Medicine, UT Southwestern Medical Center, 5323 Harry Hines Boulevard, Dallas, TX 75235.

Sally Squires is a health writer at The Washington Post. She is also the co-author of "The Stoplight Diet for Children" (Little, Brown, 1988).

The less you add to a peanut, the more it tastes like one.

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If you've been watching your cholesterol count, count this: one tablespoon of butter has a whopping thirty milligrams of cholesterol. Butter Flavor PAM® cooking spray has zero. So get off the stick. Start cooking in Pam.

How you cook is as important as what you cook.

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special report

CHOLESTEROL CONTROL

your guide to a healthy heart

Confused about cholesterol? Read our report on today's most talked-about health risk, take part in a nationwide screening, and cook up our heart-soothing recipes

By Beth Weinhouse

What blood pressure was to the seventies, cholesterol is to the late eighties: the medical buzzword that everyone's hearing. But despite all the talk, an important message hasn't really hit home: You *can* significantly reduce your risk of heart disease—America's number-one killer—by lowering your blood cholesterol level.

Sixty-eight percent of the four hundred thousand people who took advantage of a nationwide screening last year had blood cholesterol counts over 200. (See page 102 for what that number means, and page 86 to learn how to take part in this year's screening.)

In hopes of increasing our readers' understanding of this complex and vital subject—and bettering scores this year—LHJ presents the following primer on cholesterol and its control.

THE ABC'S OF CHOLESTEROL

What exactly is cholesterol, and what does it do inside our bodies? This white, waxy substance is produced in the liver and is present in cell membranes. Cholesterol is used in the production of sex hormones, bile acids and vitamin D.

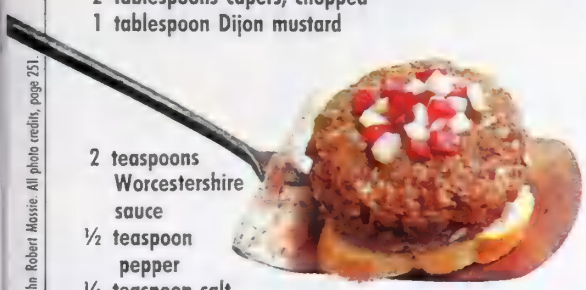
But our bodies don't need any dietary sources to produce the small amount we need, and excess amounts in the blood can contribute to atherosclerosis—hardening of the *(continued)*

***LHJ* developed these recipes according to National Heart, Lung and Blood Institute guidelines.**

SAVORY STEAKBURGERS

Prep time: 10 minutes
Cooking time: 3 minutes

1¼ pounds 90% fat-free ground beef
¼ cup finely chopped red onion
2 tablespoons capers, chopped
1 tablespoon Dijon mustard



2 teaspoons Worcestershire sauce
½ teaspoon pepper
¼ teaspoon salt

Heat broiler and broiler pan. Mix all ingredients; shape into 6 patties. Broil 4 inches from heat 1½ minutes per side for medium-rare. Serve with Roast Potatoes (recipe on page 98). Makes 6 servings.

Nutrition info per serving: 155 calories, 22 gm protein, 7 gm fat, 1 gm carbohydrates, 304 mg sodium, 63 mg cholesterol.

Prop stylist, Deborah Donahue; food stylist, John Robert Massie. All photo credit, page 251.

THIS LITTLE PIECE OF GRAIN HOLDS AN AMAZING HEALTH STORY.



OAT BRAN.

FROM OATS COMES A WAY TO HELP LOWER CHOLESTEROL. OAT BRAN.

You may not think you have a cholesterol problem, but over 50% of all adults have elevated cholesterol. For children, it's as much as 25%. Years of eating a diet high in fat and cholesterol is one of the major causes. So changing to a diet lower in both can help. And including oat bran in that diet is a step in the right direction. This little piece of the grain contains the highest amount of soluble fiber of any grain. And that's the important part. Because some studies suggest a diet high in soluble fiber—and low in fat—may help bring elevated cholesterol down to a healthier level.



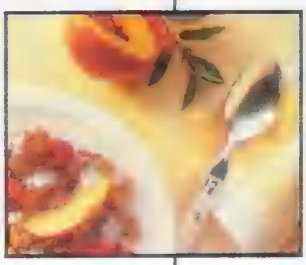
LOWERING YOUR CHOLESTEROL CAN HELP LOWER YOUR RISK OF HEART DISEASE.

Why do you want lower cholesterol? Very simply, for the sake of your heart and cardiovascular system. Left unchecked, cholesterol that the body can't handle collects on the inside walls of the arteries. It can build and build until your arteries become clogged. The result? Heart attack and other cardiovascular problems. But a diet low in fat and high in soluble fiber (foods like oat bran, beans and fruit) may help lower high cholesterol levels and help you counteract this problem.

MAKE OAT BRAN PART OF YOUR DIET FOR A HEALTHY LIFE.

As you can see, it makes a lot of sense to include oat bran in your low-fat diet. One of the easiest ways to do that is at breakfast. So enjoy cereals made from oat bran with skim milk, fresh fruit and whole wheat toast. You'll be getting a delicious meal low in fat and cholesterol, low in calories and high in fiber and carbohydrates. And you'll be good to your heart too.

This message brought to you by Kellogg's, where a healthy breakfast starts.



For more information on lowering blood cholesterol, look for details on packages of Kellogg's Squares™ and Kellogg's Common Sense™ Oat Bran cereal. Also, to receive a Health Passport from the American Health Foundation, a special brochure on cholesterol and coupons for Kellogg's® cereals, write to:
Kellogg's Healthy Life
P.O. Box 1989
Battle Creek, MI 49016-1989.
(Please allow 60 days for delivery.)

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GET A TASTE FOR THE HEALTHY LIFE.™

CHOLESTEROL CONTROL

(continued) arteries. How do levels get too high? In about 5 percent of the population, there's a strong inherited tendency toward high blood cholesterol levels, but most people must put a far larger share of the blame on their diets.

There are two dietary villains. The first is saturated fat, a type of fat found not only in animal products like butter and fatty meats, but in some plant foods such as palm kernel and coconut oils. Vegetable oils labeled "hydrogenated," used in many processed foods, are also saturated. Saturated fats—which are solid at room temperature—stimulate the liver to make *more* cholesterol, and interfere with the way cholesterol is removed from the bloodstream. The second villain is dietary cholesterol itself, found only in foods of animal origin, such as meat, eggs and dairy products; the cholesterol that cows, chickens and other creatures manufacture is added to our own.

Although the American Heart Association currently recommends that we eat less than 300 mg of cholesterol daily, most of us consume between 300 and 435 mg.

Many foods—such as fatty meats, whole milk and cheese—are high in *both* cholesterol and saturated fat.

NATIONWIDE TESTING

Do you want to know your cholesterol level? On April 26, Voluntary Hospitals of America (VHA) will sponsor CountDown USA: The National Blood Pressure and Cholesterol Check.

Over four hundred fifty VHA hospitals will participate; many are offering the quick, easy tests free to anyone who wants them (some will charge a nominal fee of $5). In many cases, samples are analyzed immediately.

Last year, some four hundred thousand Americans took part; this year, almost half a million Americans are expected to get checked. To locate the participating VHA hospital nearest you, call toll-free: 800-468-6342.

How does cholesterol do its damage? Normally, the substance moves through the bloodstream in combination with protein molecules; these cholesterol/protein packages are called *lipoproteins*. There are two main kinds: *low-density lipoproteins* (LDLs)—sometimes called bad cholesterol—and *high-density lipoproteins* (HDLs), also known as good cholesterol.

Elevated levels of LDL cholesterol are potentially harmful because they deposit cholesterol in artery walls. These deposits harden into plaques—made of cholesterol, fats and other debris—which gradually narrow blood vessels. Eventually, a vessel can become completely blocked. The process often takes place without warning; in fact, the first symptom can be a heart attack.

HDLs help minimize the negative effects of LDLs, because they scavenge the body and *remove* cholesterol from the blood, returning it to the liver for elimination from the body. Researchers suspect that in some cases HDLs can even extract cholesterol from already-existing arterial plaques, thereby reversing atherosclerosis.

Experts believe substituting polyunsaturated fats and monounsaturated fats—both of which are liquid at room temperature—can help lower LDL cholesterol. Polyunsaturates include corn, soybean, safflower, sunflower and cottonseed oils. Olive, canola and peanut oils are among the monounsaturates. *(continued)*

FUSILLI WITH SEAFOOD SAUCE

Prep time: 15 minutes ○
Cooking time: 5 to 10 minutes

- **2 tablespoons olive oil**
- **½ cup finely chopped onion**
- **2 teaspoons minced garlic**
- **½ teaspoon salt**
- **¼ teaspoon freshly ground pepper**
- **⅛ to ¼ teaspoon red pepper flakes**
- **2 cans (14 oz. each) Italian plum tomatoes, chopped, with juice**
- **1 dozen clams, scrubbed**
- **12 ounces sea scallops**
- **⅓ cup chopped fresh basil**
- **1 pound fusilli, cooked according to package directions**



Heat oil in large skillet over medium heat. Add onion and garlic; cook, stirring frequently, until translucent, about 2 minutes. Stir in salt, pepper and red pepper flakes, then add tomatoes with juice. Increase heat to medium-high and simmer sauce uncovered 10 minutes. Stir in clams, scallops and basil. Cover and cook until clams open, about 5 minutes. Drain pasta and toss with seafood sauce in serving bowl. Makes 6 servings.

Nutrition info per serving: 425 calories, 24 gm protein, 6 gm fat, 66 gm carbohydrates, 508 mg sodium, 29 mg cholesterol.

DIET BY THE NUMBERS

The National Heart, Lung, and Blood Institute, in Bethesda, Maryland, offers these daily nutrition guidelines for reducing blood cholesterol.

- **Less than 30 percent of your total calorie intake should be from fat; keep saturated fat and polyunsaturates under 10 percent each.**
- **Eat no more than 300 mg cholesterol.**
- **Boost carbohydrate intake to 50 to 60 percent of total calories. To order a booklet with more information, see box on page 98.**

You can tell high blood pressure by these symptoms:

_____

_____

_____

_____

_____

(Very often, there are none!)

It's hard to believe that over 35 million Americans have a dangerous disease...very often without a symptom. But that's what high blood pressure (hypertension) is like. A hidden illness, yet one of the easiest to detect—and to treat. Untreated, it can affect your brain (stroke), your vision, heart (infarction), blood vessels and kidneys. Anyone can be affected, although factors such as age, sex, race or family background play a role.

Fortunately, there's plenty that can be done to treat this condition. Only your doctor can diagnose hypertension, but you can help head it off through healthier living—reducing weight, cholesterol, salt intake, stress, anxiety and stopping smoking. An improved lifestyle, and blood pressure-controlling medicines can substantially lower your risk for heart attacks and stroke. But the first step is to see your doctor.

For a poster-sized reprint of this message, write: Pfizer Pharmaceuticals, P.O. Box 3852LHH,Grand Central Station, New York, N.Y. 10163.

A message in the interest of better health from



PHARMACEUTICALS
A PARTNER IN HEALTHCARE

CHOLESTEROL CONTROL

Cholesterol confusion

Here are some of the most common misconceptions about cholesterol, and correct answers from the leading experts.

I'm not overweight, so I can't possibly have high cholesterol.

Not so, says Nancy Ernst, M.S., R.D., nutrition coordinator, National Heart, Lung and Blood Institute. Anyone—thin or heavy—who consumes a diet high in saturated fat is at risk for high cholesterol, as is the person with a family history of high blood cholesterol or early heart disease. *All* adults should have their cholesterol tested; it's the only way to find out what y level really is.

I eat oat bran cereal oat bran muffins eve day, so I've got nothi to worry about.

"Oat bran has to be put in persp tive; it's just one component of diet," says John LaRosa, M.D., dire of the Lipid Research Clinic at Geo Washington University Medical C ter, in Washington, D.C. "People h a very strong tendency to look magic bullets—the addition or eli nation of one thing in the diet will solve the entire problem," a LaRosa. Avoiding egg yolks used be considered the solution; now o ing oat bran is the trend. "But the is, there is no magic. You m change your overall eating hab he says.

"If people eat oat bran muffins breakfast instead of bacon and eg we're in favor of that," adds Dor B. Hunninghake, M.D., director of Heart Disease Prevention Clinic at University of Minnesota. "But adding oat bran to a diet that's ot wise high in fat will have little ef on blood cholesterol."

I'm a vegetarian, my cholesterol lev couldn't be high.

Wrong. Many vegetarians eat eg cheese, butter and other dairy pr ucts high in saturated fat and cho terol. Ice cream, processed foods c taining palm kernel or coconut and even fried foods can also be of a vegetarian diet. Therefore, ve tarians should be just as concerned meat eaters about their blood cho terol levels.

I always buy produc that are labeled "l cholesterol," so m family must be healthi

Some manufacturers may be tak advantage of consumers' confusion labeling foods cholesterol-free w they do, in fact, contain saturated f

Many people assume (continu



CHOLESTEROL CONTROL

(continued) that if a food contains no cholesterol, it can't raise cholesterol levels inside the body, but it can. Foods that are high in saturated fat—such as nondairy whipped toppings and powdered coffee creamers—can be completely cholesterol-free yet raise blood cholesterol levels. In fact, saturated fat actually raises blood cholesterol *more* than dietary cholesterol itself does.

My doctor says my cholesterol is high and that I should cut out fat, salt and sugar from my diet. That doesn't leave me much to eat.

You're not alone in your frustration. Many people—including some physicians—still don't fully understand what constitutes a cholesterol-lowering diet. "Sodium has no effect on blood cholesterol," says Nancy Ernst. If your blood pressure is normal, you don't need to cut down dramatically on salt.

Sugar has also been unfairly accused. Although high-sugar, high-carbohydrate diets can raise the level of certain blood fats called triglycerides in some people—and some doctors believe triglyceride levels have some relationship to coronary heart disease risk—*most* experts now think high triglyceride levels are *not* an independent risk factor for heart disease.

My family enjoys eating fish and chicken, but we really miss red meat. Must we eliminate it if we want to lower our cholesterol?

No. Watching your cholesterol doesn't have to mean giving up meat. Some cuts of beef—such as round steak and ground round—are relatively low in fat. In fact, Ernst points out, broiled lean top round, dark-meat chicken with the skin removed, and salmon cooked with dry heat all have about the same amount of saturated fat. "The body doesn't distinguish between saturated fat from beef versus that from poultry or baked goods," she says. "As long as you limit portion size and prepare foods without adding a lot of fat, you and your family can continue to eat red meat."

THE WAR ON CHOLESTEROL

Every day at lunchtime, Leonard Fishman fights the good fight against fat. As his employees unwrap their tempting, greasy fast-food burgers, sausage-and-pepper sandwiches and veal parmigiana, the boss is tantalizingly reminded of what he cannot eat. "I love all that stuff," he says wistfully. "But I gave it up."

Why does this fifty-four-year-old auto- *(continued)*



zeroh!

ZERO CHOLESTEROL, OH WHAT A TASTE!

Fleischmann's brings it all together. Zero cholesterol, low saturated fats and a downright terrific taste. Medical studies prove that a diet low in saturated fats and cholesterol can reduce the level of cholesterol already in your body. And that can help reduce your risk of heart disease. Fleischmann's takes pure golden corn oil and creates a taste that makes it a perfect part... of the right diet. There are a number of reasons to enjoy Fleischmann's... one number is Zeroh!



Fleischmann's®

IT DOES YOUR HEART GOOD.

NABISCO BRANDS © NABISCO BRANDS, INC 1988



CHOLESTEROL CONTROL

(continued) repair-shop owner from East Brunswick, New Jersey, forgo all the foods he loves? Two years ago, he discovered his cholesterol level was 295, and he knew he had to lower it fast.

Lenny and his wife decided to turn his medical problem into a research project. Soon they were learning how to plan tasty, low-saturated-fat, low-cholesterol meals. Today, Fishman brown-bags his sandwiches. "Turkey or tuna, tuna or turkey—for a while it nearly drove me crazy," he says, laughing.

The sacrifices have paid off. Over the past two years, Lenny has brought his cholesterol down to 215 and succeeded in keeping himself off cholesterol-lowering medication. As an added bonus, he dropped sixteen pounds "without even trying."

Slowly but surely, his taste buds have changed. Several years ago, Lenny tried low-fat hot dogs made of veal and thought they tasted terrible. He sampled them again recently and reports, "Now I think they're delicious!"

Getting your cholesterol under control is well worth the effort. In fact, doctors estimate that for every 1 percent decrease in a person's excess blood cholesterol level, there is a 2 percent decrease in coronary heart disease risk.

Below, the four main battlefronts in this war against clogged arteries:

DIET

Consume less saturated fat

You must learn to make some key substitutions when you shop and cook. For instance, select fish, skinless chicken or lean meat instead of fatty cuts; switch from whole to skim or 1 percent low-fat milk; use margarine instead of butter; and check labels so you can select foods with the least amounts of saturated fat. The American Heart Association recommends that less than 30 percent of a person's total daily calories come from fat; less than 10 percent of daily calories should come from saturated fat. The average American adult diet provides about 40 percent of calories from fat.

Eating for heart health is getting easier as the food industry becomes more responsive to consumers' demands for lower-fat, lower-cholesterol foods. One of the most vocal lobbyists has been Omaha industrialist-turned-consumer-advocate Phil Sokolof, who had a heart attack in 1966 at age forty-three. Since then, he has become something of a good-health zealot and has relentlessly prodded food manufacturers to replace saturated fats with unsaturated fats in crackers, cookies, cereals and other baked goods. *(continued)*

LAMB KEBABS WITH TABOULEH

Prep time: 45 minutes plus soaking ○
Cooking time: 10 minutes

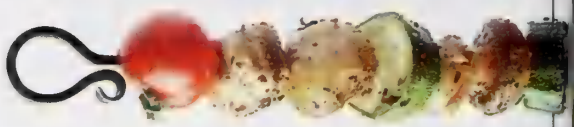
Tabouleh

- 1½ cups bulgur (cracked wheat)
- 1½ cups boiling water
- 1 medium cucumber, peeled, seeded and diced
- 1 small bunch radishes, diced
- 2 green onions, chopped
- ¼ cup chopped fresh mint
- 2 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- ½ teaspoon salt

- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon rosemary
- 1 teaspoon thyme
- ½ teaspoon basil
- ½ teaspoon oregano
- ½ teaspoon mint
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1¼ pounds boneless leg of lamb, well trimmed, cut into 2-inch chunks
- 3 small zucchini, sliced ¾ inch thick
- 24 medium mushrooms
- 12 cherry tomatoes

Tabouleh: **Soak bulgur in boiling water until liquid is absorbed, about 2 hours. Combine with remaining ingredients. Refrigerate until ready to serve.**

Meanwhile, whisk oil, vinegar, and seasonings in large bowl. Add lamb, zucchini, mushrooms and tomatoes and toss to coat. Cover and let marinate at room temperature 1 hour.



Prepare grill or preheat broiler and broiler pan. Thread lamb, mushrooms and zucchini alternately on six 14-inch skewers. Grill or broil 4 inches from heat, turning frequently, until lamb is browned but still slightly pink at center. Add tomatoes onto skewers and broil, turning, 1 minute more. Serve with tabouleh. Makes 6 servings.

Nutrition info per serving: 395 calories, 31 gm protein, 11 gm fat, 44 gm carbohydrates, 343 mg sodium, 74 mg cholesterol.

The hot new way to enjoy your bowl of fiber and oat bran.

Introducing New Duncan Hines Oat Bran Blueberry Muffin Mix.

No other muffin mix gives you a moist, delicious way to enjoy your fiber and oat bran. Now each of our muffins has as much fiber as a bowl of fruit-bran cereal and they're made with fiber and oat bran which, as part of a low fat, low cholesterol diet, can help reduce cholesterol. They're easy to make and contain no preservatives, no artificial flavors, no palm oil. Try New Oat Bran & Honey Mix too! New Duncan Hines Oat Bran Muffins with Fiber. Try one in your bowl tomorrow.



©The Procter & Gamble Company.

CHOLESTEROL CONTROL

Eat fewer high-cholesterol foods

These include eggs and organ meats like liver, kidneys and heart. Sausages, cold cuts, mayonnaise, whole-milk cheese, butter, cream and lard—which are among the foods that are high in both cholesterol and saturated fat—should also be eaten sparingly.

Increase consumption of fiber-rich foods

Fiber, an undigestible form of carbohydrate, comes in two forms—soluble (it dissolves in water) and insoluble. Insoluble fiber is found in such foods as wheat bran and fruit seeds and skins. Soluble fiber—found in oat, barley and rice bran, apples, citrus fruits, dried beans, peas, lentils, carrots and okra—is especially helpful in reducing blood cholesterol. Experts say this type of fiber binds with cholesterol and bile acids in the digestive tract, enabling the body to eliminate cholesterol before it attaches to artery walls.

Lose weight if you are overweight



Although thin people can have high cholesterol levels, for reasons researchers don't yet fully understand obese individuals frequently have higher blood cholesterol levels than their slimmer peers. Follow our recipes and you'll find that trimming down to help lower your cholesterol level can be easy and palatable.

EXERCISE

When it comes to controlling blood cholesterol, exercise is also important. Although working out cannot reduce a person's total cholesterol level, it can have a beneficial effect on the kind of cholesterol in the body. Specifically, regular aerobic exercise can raise the level of protective HDL cholesterol and lower the level of artery-damaging LDL cholesterol. Of course, exercise is also an effective weight-control aid.

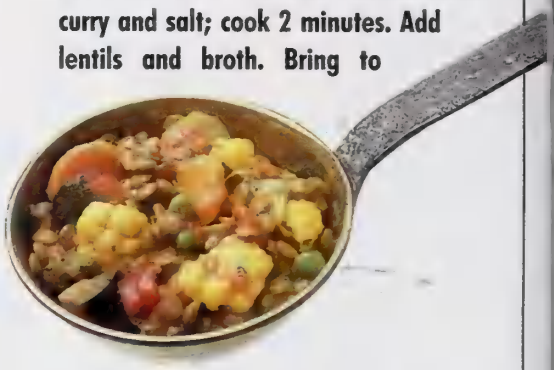
Most experts suggest participating in at least thirty minutes of aerobic exercise—activity that makes the heart and lungs work harder to meet the muscles' demand for oxygen—at least three times a week. (To find your minimum target heart rate—the rate at which you will start to burn fat—subtract your age from 220 and multiply that number by .6. If you are thirty-five, your target heart rate will be 111 (220 - 35 = 185; 185 × .6 = 111). Aerobic exercises include brisk walking, jogging, biking, swimming, aerobic *(continued)*

VEGETABLE CURRY

Prep time: 20 to 25 minutes ○
Cooking time: 1¾ hours

- **1 large onion, chopped**
- **1 large garlic clove, crushed**
- **1 tablespoon olive oil**
- **2 tablespoons cumin**
- **1 tablespoon chili powder**
- **1 teaspoon curry powder**
- **½ teaspoon salt**
- **1 cup lentils, rinsed and drained**
- **4 cups low-sodium chicken broth**
- **1 can (14 oz.) Italian plum tomatoes**
- **1 medium eggplant, cubed**
- **1 all-purpose potato, peeled and cubed**
- **2 cups small cauliflower florets**
- **1 medium carrot, sliced ¼ inch thick**
- **1 cup frozen peas, thawed**
- **¼ cup chopped cilantro**

Cook onion and garlic in oil in saucepan until softened. Add cumin, chili, curry and salt; cook 2 minutes. Add lentils and broth. Bring to



boil. Reduce heat; cover and cook 30 minutes. Add tomatoes with juice and eggplant; cook 30 minutes. Add potato, cauliflower and carrot; simmer 15 to 20 minutes. Add peas and cilantro; heat. Serve with Raita (recipe follows) and rice. Makes 6 servings.

Nutrition info per serving: 255 calories, 15 gm protein, 5 gm fat, 41 gm carbohydrates, 387 mg sodium, 0 mg cholesterol.

CUCUMBER RAITA

Total prep time: 10 minutes ○

- **1 cup plain nonfat yogurt**
- **1 cup finely chopped cucumber**
- **1 tablespoon chopped fresh mint**
- **¼ teaspoon salt**

Combine all ingredients in small bowl. Serve chilled. Makes 6 servings.

Nutrition info per serving: 25 calories, 2 gm protein, 0 gm fat, 3 gm carbohydrates, 119 mg sodium, 1 mg cholesterol.

A spoonful of Metamucil



ıas as much soluble fiber as two bowls of oatmeal.



Surprised? If you've been trying to get more soluble fiber by eating ɔatmeal, you probably didn't know that you can also ɡet it by taking Metamucil. That's right. Metamucil is ıatural soluble fiber—the same kind of fiber that nakes oat bran so beneficial.

As a matter of fact, many doctors recommend aking Metamucil on a regular basis as a fiber source. t provides the extra fiber many people need to stay egular safely and naturally. (Unlike harsh chemical axatives that use stimulants to shock your system nto action.)

While you can and should include high-fiber ɔods in your diet, soluble fiber can be hard to get. In most foods, it occurs only in small quantities. Even oat bran is only 15 percent soluble fiber.

Metamucil is much more concentrated. Ounce for ounce, Metamucil contains five times the soluble fiber of oat bran. So you'd have to eat on average nearly three oat bran muffins or two bowls of oatmeal to get all the soluble fiber in one spoonful of Metamucil.

And a spoonful of Metamucil mixed in a glass of water has only 30 calories per serving (only 5 if you prefer sugar-free Metamucil with NutraSweet).

Medical researchers are finding out more good news about soluble fiber every day. So why not consider adding Metamucil to your daily regimen?

Natural Soluble Fiber Metamucil. It can make a daily difference in your health.

Maybe it's time to conduct some oat bran research of your own.



If you've read about any of the recent medical studies on oat bran, you're aware that oat bran can be important to your good health, as part of a low-fat, low-cholesterol diet. But what these reports won't mention is that Kellogg's new Common Sense™ Oat Bran cereal contains more oat bran than any leading ready-to-eat cereal. Nor do these reports mention just how good Common Sense™ Oat Bran tastes. For that information, we suggest you buy a box and do a little research of your own.

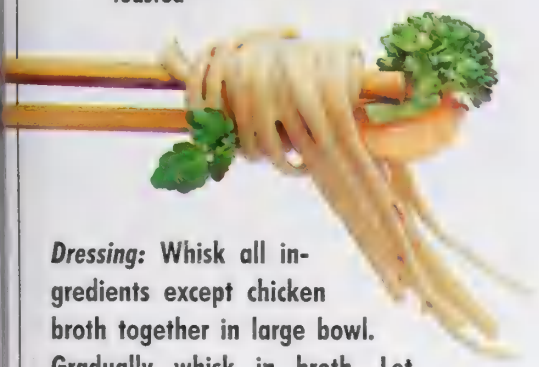
TM ® Kellogg Company © 1988 Kellogg Co

SESAME NOODLE SALAD WITH VEGETABLES

Prep time: 25 minutes
Cooking time: 15 minutes

Dressing
- 2 tablespoons smooth peanut butter
- 2 tablespoons soy sauce
- 4 teaspoons rice wine vinegar
- 1 tablespoon grated fresh ginger
- 2 teaspoons minced garlic
- 1 teaspoon Oriental sesame oil
- ½ teaspoon chili oil
- ½ cup chicken broth

- 2 carrots, sliced thin
- 3 cups broccoli florets
- 2 ounces snow peas (about 1 cup)
- 1 cup trimmed watercress
- ½ cup thinly sliced radishes
- 12 ounces whole-wheat spaghetti, cooked according to package directions, rinsed and drained
- 1 tablespoon sesame seeds, toasted



Dressing: **Whisk all ingredients except chicken broth together in large bowl. Gradually whisk in broth. Let stand at room temperature.**

Steam carrots in rack over gently boiling water 1 minute. Add broccoli and steam 1 minute. Add snow peas and steam 30 seconds more. Rinse with cold water. Drain; pat dry.

Add steamed vegetables, watercress and radishes to dressing and toss to coat and combine. Add spaghetti and sesame seeds; toss to coat thoroughly. Serve salad cold or at room temperature. Makes 6 servings.

Nutrition info per serving: 295 calories, 15 gm protein, 6 gm fat, 49 gm carbohydrates, 495 mg sodium, 0 mg cholesterol.

(continued) dancing, cross-country skiing, rowing and stair-climbing.

CHOLESTEROL CONTROL

MEDICATION

In some cases, dietary modification and exercise alone will not lower a person's cholesterol to acceptable levels. In such instances, drugs may be needed.

Several cholesterol-lowering medications are now available:

Bile acid sequestrants

Also called resins, these drugs, which include cholestyramine (brand name Questran) and colestipol (brand name Colestid), bind with cholesterol-containing bile acids in the intestine, hastening their excretion. Powdered bile acid sequestrants, which must be mixed with fluid before patients take them, are both safe and effective. However, they may produce side effects such as constipation and abdominal discomfort. In an attempt to make resins more palatable, Warner-Lambert Co. recently introduced a bile-binding candy bar.

Nicotinic acid (niacin)

This B vitamin is available over the counter as a dietary supplement. Unlike most cholesterol-lowering drugs, niacin lowers LDL and raises HDL, although researchers are not sure just how it does this. However, if niacin is taken in quantities large enough to affect cholesterol, it can also produce serious side effects, including ulcers and liver problems. Therefore, niacin should be used only under a physician's guidance.

HMG CoA reductase inhibitors

This new class of drugs—which includes lovastatin (brand name Mevacor)—works by inhibiting a specific enzyme in the liver that helps to manufacture cholesterol. Lovastatin has been shown to be effective in patients with an inherited tendency toward extremely elevated cholesterol.

While lovastatin can be a real help, there are drawbacks. Since it can occasionally cause liver and eye damage, patients must be carefully monitored. Also, it costs around $1,000 a year and must usually be taken for life. Furthermore, lovastatin has been available only since late 1987, so doctors caution that its long-term safety has not yet been established.

Gemfibrozil

This drug has been approved by the Food and Drug Administration (FDA) for use on properly selected patients, including those who do not tolerate the bile acid sequestrants or nicotinic acid. A recent study showed that gemfibrozil raised HDL cholesterol levels and lowered LDL levels, thereby reducing coronary heart disease risk in the patients who took it.

SURGERY

If all attempts to lower cholesterol fail, surgery may be needed as a last resort to treat diseased arteries. *(continued)*

CHOLESTEROL CONTROL

(continued) The two most common operations are coronary bypass surgery and balloon angioplasty. Approximately 250,000 of the former and 200,000 of the latter are performed annually in the U.S.

Coronary bypass surgery involves rerouting blood flow around a blocked artery using a healthy artery or vein graft from elsewhere in the body. In balloon angioplasty, a catheter is threaded to the site of the blockage and then inflated. The inflated tube causes fissures to develop in the plaque and forces the artery to expand to permit blood to flow more freely.

On the horizon

While lifestyle changes and medical intervention are our best weapons against high blood cholesterol levels today, even more effective tools be available in the future.

For one thing, scientists are o oping new products that could matically reduce the amount of our diets. Two widely publicized ficial fats include Procter & Gam Olestra and the NutraSweet Co ny's Simplesse (a fatlike subs derived from specially treated tein). FDA approval for these pro is pending.

These products add the taste texture of fat to foods withou harmful effects. Other products— as oil made from the mineral cone—are also being investigat the hope that they, too, can ser healthful fat alternatives.

Researchers are also taking a look at specific saturated fatty They suspect that stearic acid—f in such foods as red meat and c late—may not raise blood chole levels, as was long believed.

That doesn't mean, however, beef and chocolate can be eaten abandon; these foods contain saturated fatty acids that clear boost cholesterol levels. What stearic acid discovery does mea that food technologists can attem isolate the harmful componen fatty foods and find substitutes

Farther down the line are two promising possibilities: synthetic and gene therapy. As evid mounts that raising HDL levels tects against heart disease, rese ers at the Rogosin Institute in hattan are trying to develop a thetic form of HDL. If they suc people may someday be able to their levels of protective HDL by ing a supplement.

Doctors may also eventuall able to treat people whose high lesterol has a hereditary basis altering their genes to cure the c tion without surgery or drugs. researchers have been using therapy to correct a defect in ch terol metabolism in rabbit cells. ever, gene therapy isn't likely t available for use on humans many years.

For more recipes and info, turn the page.



CHOLESTEROL COUNT



25 mg. per box



70 mg. per box



15 mg. per box



servings per box 15 mg. per 3.5 oz. serving



servings per box 15 mg. per 5.25 oz. serving



servings per box 30 mg. per 5.6 oz. serving



servings per box Less than 20 mg. per 4 oz. serving

We all know the fatal effects of cholesterol...Heart Disease! We are all concerned about what's really in what we eat!

Out of the hundreds of frozen food products we buy not many actually tell you what you want and need to know about cholesterol.

The American Heart Association suggests that Americans limit themselves to 300 mg. (1/100 ounce) of cholesterol per day.

Many frozen food products carry nutritional labels. However, there is NO automatic requirement for cholesterol labeling. Data about cholesterol often is missing from the package. Consulting your physician is the first step in fighting heart disease. The second step is knowing what is really in the food you eat. Next time you are at your supermarket's frozen food case, pick up a product and see for yourself; you won't find many products with cholesterol counts.

One of Kibun's best sellers, SeaStix™ Whole Leg imitation crabmeat contains 20 mg. per 4-ounce serving. This represents less than 7% of the recommended maximum daily intake of cholesterol.

At Kibun, we do not use palm, coconut or cottonseed oils in any of our products.

Kibun labels for your health! We challenge you to find others who have been as bold in telling the whole story about their frozen product line on their frozen box labels. We're introducing six new main dishes and every one carries cholesterol data. If you do find other frozen food companies that consistently label their cholesterol content, please write us at:

Kibun Products International, Inc.
Attention: Consumer Affairs
4513 Creedmoor Road, Suite 400
Raleigh, North Carolina 27612
Or call: 1-800-542-8626; EST 9:00 A.M.-4:00 P.M.
and ask for Consumer Affairs

To express your concerns regarding nutritional labeling on frozen food products, write your U.S. Senator or Congressman. You may want to send a copy of this ad.

Kibun's products are available in your favorite local supermarkets. Kibun is a worldwide manufacturer of fine food products with sales and manufacturing in the United States, Japan, and Western Europe.

The United States Food & Drug Administration permits the label of "Low Cholesterol Meal" if there is less than 100 mg. per 10-ounce serving. A product may be labeled "low cholesterol" if it has less than 20 mg. per serving.



2 servings per box Less than 20 mg. per 4 oz. serving

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Consumer: Offer subject to availability of product in stock at your local supermarket. Redeem this coupon on any available Kibun ® products package. Limit one coupon per purchase. Any other use constitutes fraud. **Dealer:** Invoices proving purchase of sufficient stock to cover coupons presented must be shown on request. Failure to do so voids all coupons. Coupons may not be transferred or reproduced. Sales tax must be paid by customer. Void where prohibited, taxed or restricted. Send for reimbursement of face value plus 8¢ handling to: Kibun Products International, Inc., Dept. 31977, 1 Fawcett Dr., Del Rio, TX 78840

Offer expires 7/1/89 31977 91410

KIBUN®



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15 mg. per box



25 mg. per box



4 servings per box 15 mg. per 3.5 oz. serving



2 servings per box Less than 20 mg. per 5.25 oz. serving



2 servings per box 10 mg. per 5.6 oz. serving



2 servings per box Less than 20 mg. per 4 oz. serving

CHOLESTEROL CONTROL

CASE HISTORY #1
"Changing my diet wasn't enough"

In 1983, Marge Cushmore—a regular tennis player who weighs a trim 135 pounds—was shocked to discover her blood cholesterol level was a dangerously high 354. Since she felt and looked fine, it was hard for the fifty-seven-year-old New Jersey resident to take her problem very seriously—or restrict her favorite food: eggs.



Then, in August 1987, Cushmore got a real scare: One day while doing housework, her heart started pounding wildly, and she felt so nauseated and faint, she was sure she was having a heart attack. She summoned a neighbor, who quickly called an ambulance.

Although doctors at a local hospital could find no overt heart problems, Cushmore decided it was finally time to get her cholesterol level under control.

Despite her efforts to eat less fat, however, Cushmore's cholesterol level failed to budge. Then her doctor prescribed lovastatin. Within four months, the drug lowered her cholesterol 100 points. Cushmore is relieved. "And," she adds, "I can still eat an occasional egg."

TO LEARN MORE . . .
To get additional information about cholesterol control, send for the booklets listed below. Enclose a self-addressed, stamped envelope and a check or money order to the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402-9325. ■ *So you have high blood cholesterol*, $1.00, GPO #017-043-00-119-2. ■ *Eating to lower your high blood cholesterol*, $2, GPO #017-043-00-118-4. ■ *Eating for life*, $1.00, GPO #017-042-00-235-4.

MOCK FRIED CHICKEN

Prep time: 15 minutes ○
Cooking time: 35 minutes

- ¼ cup low-fat (2%) milk
- ¼ cup yellow cornmeal
- ¼ cup dry bread crumbs
- 2 tablespoons chopped fresh parsley
- ⅛ teaspoon nutmeg
- ½ teaspoon each salt and pepper
- 1 chicken (3½ lb.), cut into 8 serving pieces, skin removed

Preheat oven to 400°F. Spray baking sheet with vegetable cooking spray.

Pour milk into shallow bowl. Mix dry ingredients in plastic bag. Dip chicken one piece at a time in milk, then coat with cornmeal mixture. Place on prepared sheet. Bake, turning pieces once, until cooked through, 30 to 35 minutes. Makes 4 servings.



Nutrition info per serving: 335 calories, 43 gm protein, 11 gm fat, 12 gm carbohydrates, 450 mg sodium, 129 mg cholesterol.

ROAST POTATOES

Prep time: 5 minutes ○
Cooking time: 30 to 35 minutes

- 1 tablespoon olive oil
- 1 garlic clove, crushed
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1½ pounds small new red potatoes, scrubbed and quartered
- 1 tablespoon chopped fresh parsley

Preheat oven to 425°F. Mix oil, garlic, salt and pepper in 9-inch square baking dish. Add potatoes and turn to coat with oil. Bake until tender and browned, 30 to 35 minutes. Sprinkle with parsley. Makes 6 servings.

Nutrition info per serving: 130 calories, 2 gm protein, 5 gm fat, 21 gm carbohydrates, 99 mg sodium, 0 mg cholesterol.

Add Mazola®, reduce cholesterol.



Medical studies prove it! Not only are Mazola products cholesterol-free, but Mazola corn oil and margarine also help reduce your existing serum cholesterol level. Yes, *reduce* your cholesterol. Because the 100% pure corn oil in Mazola acts to help remove cholesterol from your system.

Start using Mazola as part of your family's healthy diet, and you can see significant progress in as little as three weeks. And as you can see by the luscious fried chicken, you don't exactly have to suffer doing it.

So enjoy Mazola 100% corn oil, Mazola margarine and Mazola No-Stick cooking spray to your heart's content.

Adding Mazola is a great-tasting way to reduce your cholesterol.

CHOLESTEROL CONTROL



Will Plumhoff's parents, Beth and Lyle, are pleased that their son has lowered his cholesterol level. Says Lyle: "It's training for a lifestyle. He's worked hard at it."

KIDS AND CHOLESTEROL

Two years ago, nine-year-old Will Plumhoff learned that his cholesterol level was 240—too high for a fourth grader.

Will is far from alone; about one quarter of the nation's children between ages two and twenty have elevated cholesterol—a level greater than 170 for boys or 175 for girls. Because of this, the American Heart Association and the American Academy of Pediatrics recommend that children over age two have a cholesterol test if they have a family history of high cholesterol—as Will does—or early heart disease. (By the way, regardless of family risk, kids aged two and younger *need* diets that are rich in fat and cholesterol to support the tremendous growth spurts of early childhood.)

Shortly after his cholesterol test, Will began attending a special cardiovascular education program for children at the Mayo Clinic, in Rochester, Minnesota. There, he learned to make smart food choices by using a stop-and-go system—a wheel that classifies foods as red-, yellow- or green-light items. Now, when Will sees a red-light food, he eats only a small amount or chooses a different food. In the past year, Will has succeeded in lowering his cholesterol to a much healthier 185.

That's not to say it's easy for most kids to adapt to a new diet. Ironically, one of the biggest obstacles to a low-saturated-fat diet for kids is the public school lunch program. That's because many school systems must rely on relatively inexpensive surplus foods—including high-fat dairy products and fatty meat—provided by government subsidies, explains William H. Weidman, M.D., professor of pediatrics at the Mayo Clinic.

Will's success proves, however, that despite the difficulties it's never too early to start cholesterol control.

CASE HISTORY #2
"We teamed up to fight cholesterol"

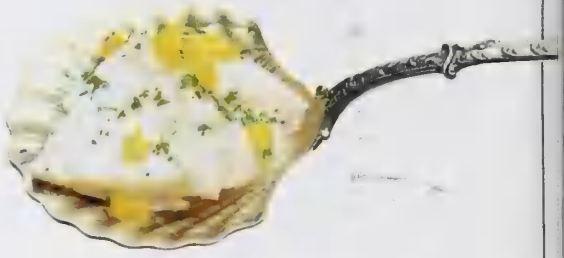
Judy and Andrew Lundy of Rochester, Minnesota, used the buddy system to fight high cholesterol. Knowing her own cholesterol level was high, thirty-eight-year-old ***(continued)***

MICROWAVE COD CANCUN

Prep time: 20 minutes ○Ⓜ
Microwave time: 9 to 10 minutes

2 tablespoons fresh lime juice (about 1 lime)
3 teaspoons vegetable oil, divided
¼ teaspoon salt
¼ teaspoon freshly ground pepper
4 cod fillets (6 oz. each), or other white fish fillets
1 teaspoon minced garlic
1 teaspoon minced seeded jalapeño chili
½ teaspoon cumin
½ cup finely chopped onion
½ cup finely chopped yellow pepper (about ½ pepper)
¼ cup chopped cilantro (fresh coriander)

Mix lime juice, 1 teaspoon vegetable oil, the salt and pepper in microwaveproof 13x9-inch baking dish. Add fillets and turn to coat with lime mixture.



Arrange in single layer in center of dish. Cover with plastic wrap and refrigerate about 15 minutes.

Meanwhile, combine remaining 2 teaspoons vegetable oil and the garlic, jalapeño and cumin in medium microwaveproof bowl. Cover loosely with wax paper and microwave on High 1 minute. Add onion and yellow pepper and stir; microwave covered 2 minutes. Spoon onion mixture over fish fillets. Cover dish with plastic wrap, turning back one corner to vent. Microwave until fish is opaque at center, 5 to 6 minutes, turning dish halfway around after 2 minutes. Sprinkle with cilantro. Serve hot. Makes 4 servings.

Nutrition info per serving: 185 calories, 31 gm protein, 5 gm fat, 3 gm carbohydrates, 229 mg sodium, 73 mg cholesterol.

Make GNC

GENERAL NUTRITION CENTERS

Your Cholesterol Control Center



and oat bran headquarters!

Your mother had the right idea when she made you eat a hot bowl of oatmeal in the morning. Recent medical studies have shown that soluble fiber appears to help reduce blood cholesterol levels, and a major source of soluble fiber is oat bran.

Your local General Nutrition Center carries a wider variety of delicious oat bran products than any other retailer. Choose from our selection of mouth-watering muffins, cookies, cereals, or graham crackers...all guaranteeed to provide tasty, wholesome oat bran nutrition for you and your family.

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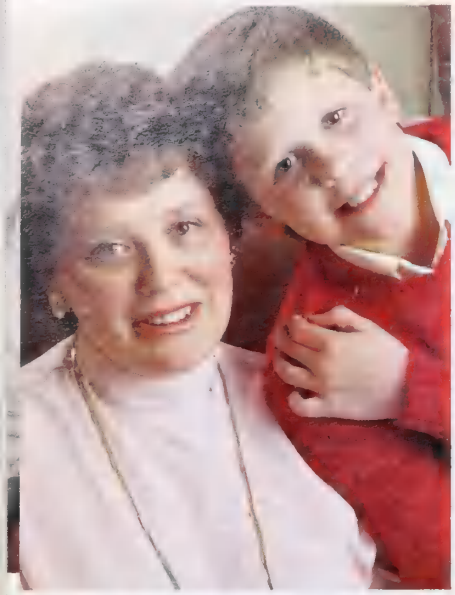
ON GOLDEN HARVEST® OAT BRAN

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CHOLESTEROL CONTROL

(continued) **Judy decided to have twelve-year-old Andrew screened.**

Judy and Andrew cut back on fat and became avid label readers. Within six months, Andrew's cholesterol level dropped from 175 to 143; Judy's went from 243 to 180.

Andrew has also become expert at judging the cholesterol content of foods. "Recently, we ate out and Andrew's sister, Anjanette, ordered french fries and a malt," says Judy. "Andrew said, 'Angie, your cholesterol must be sky high!' "

What does your blood cholesterol reading really mean?

Total blood cholesterol is measured in milligrams of cholesterol per deciliter (mg/dl) of blood (a deciliter is about a tenth of a quart). A doctor will do a lipoprotein analysis of your blood if your total blood cholesterol level is 240 or higher, or 200 to 239 and you have other risk factors (see below). The higher your HDL level, the lower your risk of heart disease. The desirable level for LDL is 130 or lower.

READING	WHAT IT MEANS; WHAT TO DO
Less than 200	Desirable: Repeat test in five years
200 to 239	Borderline high: If you have coronary heart disease or two or more other cardiac risk factors (i.e., family history, high blood pressure, diabetes, smoking, obesity), see doctor within two months for a repeat test. If not, change diet; see doctor within a year for retest
240 and above	High: See doctor immediately

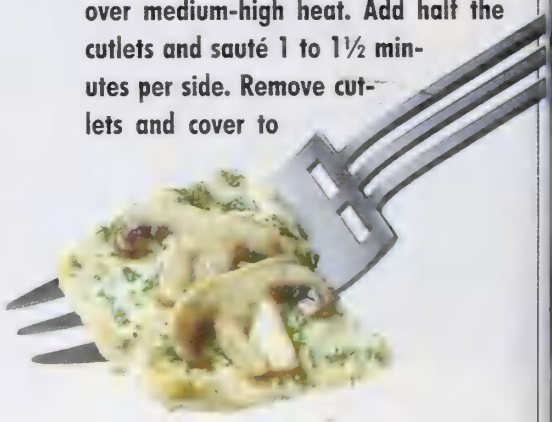
The following scientists at the National Heart, Lung, and Blood Institute (NHLBI) were interviewed for this special report: H. Bryan Brewer, M.D., chief of Molecular Disease Branch, NHLBI; James I. Cleeman, M.D., coordinator, National Cholesterol Education Program, NHLBI; Nancy Ernst, M.S., R.D., Nutrition Coordinator, NHLBI; Basil Rifkind, M.D., chief, Lipid Metabolism-Atherogenesis Branch, NHLBI. These doctors also participated: Donald B. Hunninghake, M.D., director, Heart Disease Prevention Clinic, University of Minnesota; John LaRosa, M.D., dean for clinical affairs and director, Lipid Research Clinic, George Washington University Medical Center; Russell Luepker, M.D., M.S., professor, division of epidemiology, professor of Medicine, University of Minnesota School of Public Health; William H. Weidman, M.D., professor of pediatrics, Mayo Clinic, Rochester, Minnesota. And special thanks to Terry Bellicha, Diane Striar and Karen Donato, M.S., R.D., of the NHLBI office of Prevention, Education and Control of the NHLBI Public Information office.

TURKEY SCALOPPINE WITH MUSHROOMS

Prep time: 20 minutes ○
Cooking time: 10 to 15 minutes

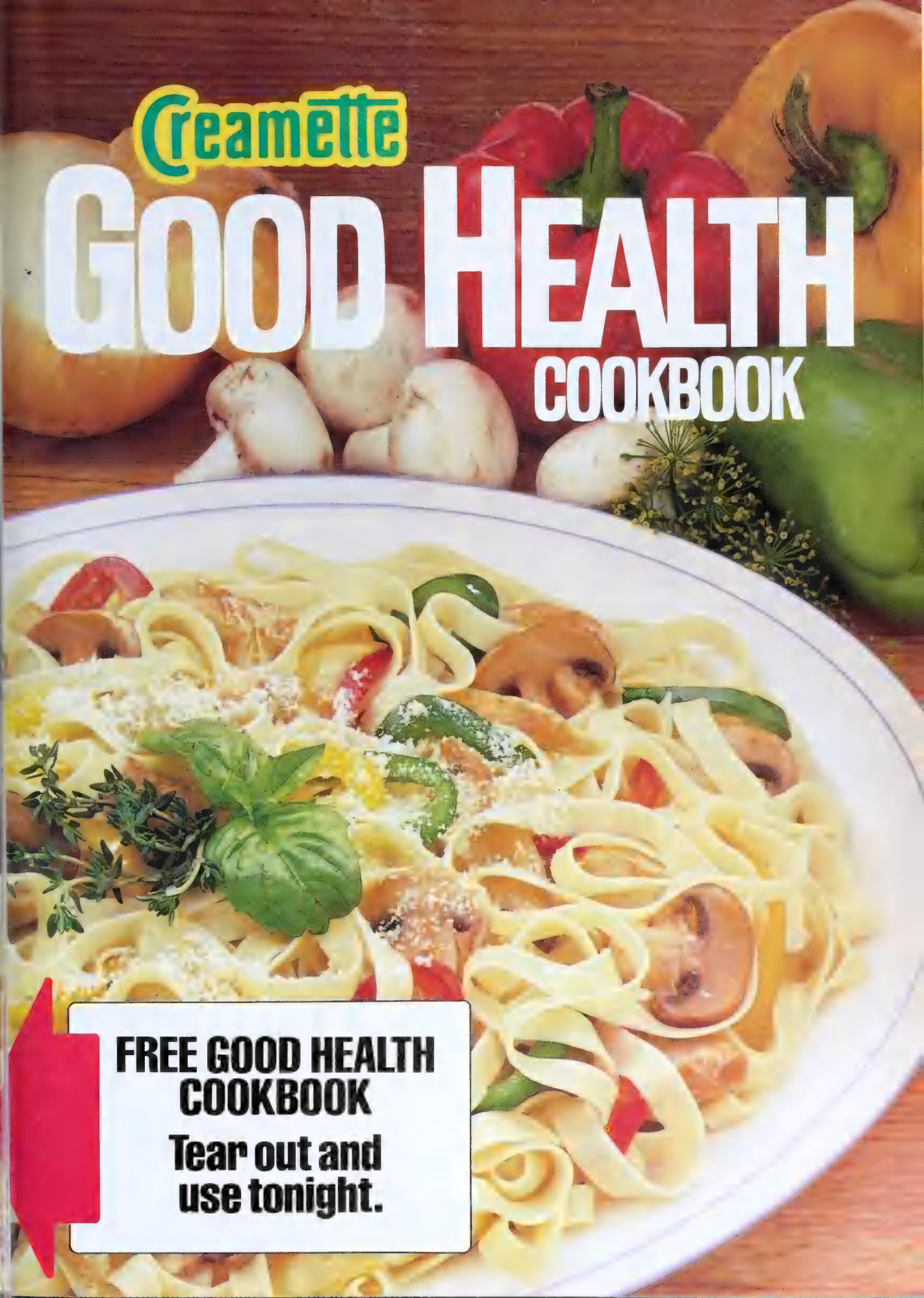
- 6 turkey cutlets (about 1 lb.)
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 tablespoons olive oil, divided
- ½ pound shiitake mushrooms, sliced
- ½ pound domestic mushrooms, sliced
- ¼ cup chopped shallots
- ¾ cup chicken broth, defatted
- ½ cup dry white wine
- 1 teaspoon cornstarch
- 1 tablespoon cold water
- 1 tablespoon chopped fresh parsley

Pound turkey cutlets between 2 sheets wax paper as thin as possible without tearing meat. Mix flour, salt and pepper in large plastic bag. Toss cutlets one at a time in flour mixture and shake off excess. Heat 1 tablespoon oil in large skillet, preferably nonstick, over medium-high heat. Add half the cutlets and sauté 1 to 1½ minutes per side. Remove cutlets and cover to keep warm. Repeat with remaining cutlets, adding 1 more tablespoon oil.



Add remaining 1 tablespoon oil to skillet and heat over medium heat. Add mushrooms and shallots; cook until softened, 2 to 3 minutes. Pour in broth and wine; increase heat to high. Boil until sauce is slightly thickened. Dissolve cornstarch in cold water, then whisk into sauce. Return cutlets to pan and heat through. Sprinkle with parsley and serve hot. Makes 4 servings.

Nutrition info per serving: 275 calories, 30 gm protein, 13 gm fat, 10 gm carbohydrates, 225 mg sodium, 70 mg cholesterol.


Creamette
GOOD HEALTH
COOKBOOK
FREE GOOD HEALTH
COOKBOOK
Tear out and
use tonight.

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Introduction

Today's emphasis on healthy eating and the natural desire to eat delicious, satisfying foods combine to create difficult decisions for consumers. Using this book, you can prepare meals for your family that meet both these needs. The American Heart Association dietary guidelines were used in development of these recipes. The recipes in this book were developed and tested by the Creamette Test Kitchens to provide you with a selection of recipes that "give permission to indulge" without unnecessary calories, fat, cholesterol or sodium. Because these recipes are developed to be low in sodium and fat, you may miss the extra salt and high-fat cream and butter at first. As you become accustomed to the flavor of the foods, you will probably find you and your family use less salt and fat in all your cooking.

Throughout this book, you will find information with color-coded boxes. Green indicates tips you will find especially helpful in preparing pasta. Yellow indicates nutritional facts that will help you and your family select foods that round out a nutritionally sound diet. General information is designated with blue. Included with each recipe is the calorie, carbohydrate, protein, fat, cholesterol and sodium content for each serving. If you would like more detailed nutrition information on these recipes, please write to us: Creamette Company, 428 N. First St., Minneapolis, MN 55401.

Since 1916, the Creamette Company has been dedicated to providing premium pasta products made only from 100% durum semolina (the finest ingredient available). This tradition of quality continues today. We thank the generations of loyal Creamette consumers for their continued confidence.

Soups and Salads

Pasta Tabbouleh

Makes 6 servings

½ cup Creamette® Acini Di Pepe, or Rosmarina, uncooked
1 cup chopped fresh mint leaves
1 cup chopped fresh parsley
3 cups peeled, seeded and finely chopped fresh tomatoes
½ cup sliced green onions
2 tablespoons lemon juice
1 tablespoon olive or vegetable oil
1 clove garlic, minced

Prepare Creamette® Acini Di Pepe as package directs; drain. Combine all ingredients; mix well. Cover; chill thoroughly. Stir before serving. Refrigerate leftovers.

PER SERVING:	Calories	123	Fat	2.9 g
	Carbohydrate	21.3 g	Cholesterol	0.0 mg
	Protein	4.0 g	Sodium	19.6 mg



Hearty Pork Soup ▲

Makes 12 servir

2 tablespoons olive or vegetable oil
1 pound pork tenderloin, trimmed and cut into ¾-inch cubes
2 cloves garlic, minced
1 medium onion, chopped
4 medium carrots, sliced
2 cups fresh broccoli flowerets
2 cups sliced fresh mushrooms
1 cup sliced celery
10 cups water
2 tablespoons Wyler's® Chicken-Flavor Instant Bouillon
2 teaspoons thyme leaves
½ teaspoon pepper
½ teaspoon any salt-free herb seasoning
½ of a (1-pound) package Creamette® Rotelle, uncooked

In Dutch oven, heat oil. Add pork, garlic and onion; cook and st until meat is cooked through. Add remaining ingredients excep rotelle; bring to boil. Reduce heat; simmer 20 minutes. Prepare Creamette® Rotelle as package directs; drain. Stir into soup. He through. Refrigerate leftovers.

PER SERVING:	Calories	179	Fat	4.7
	Carbohydrate	19.0 g	Cholesterol	35.1
	Protein	14.6 g	Sodium	480.0

Note: To reduce sodium, substitute low-sodium bouillon.

Fettuccini Slaw

Makes 12 servir

½ of a (1-pound) package Creamette® Fettuccini, broken into thirds, uncooked
3 cups finely chopped cabbage
2 cups finely shredded carrots
2 cups thinly sliced celery
2 cups thinly sliced cucumber
1 (8-ounce) container plain lowfat yogurt
½ cup reduced calorie mayonnaise or salad dress
2 tablespoons white vinega
½ teaspoon dry mustard
¼ teaspoon pepper
Paprika

Prepare Creamette® Fettuccini as package directs; drain. In larg bowl, combine fettuccini, cabbage, carrots, celery and cucumbe In small bowl, blend yogurt, mayonnaise, vinegar, mustard and pepper; toss with fettuccini mixture. Cover; chill thoroughly. Tos gently before serving. Garnish with paprika. Refrigerate leftov

PER SERVING:	Calories	209	Fat	4.4
	Carbohydrate	22.1 g	Cholesterol	3.8
	Protein	6.5 g	Sodium	104.5

Minestrone

Makes 20 servings

- 2 tablespoons olive or vegetable oil
- 1 pound lean beef stew meat, cut into ¾-inch cubes
- 1 large onion, chopped
- 1½ cups sliced celery
- 2 cloves garlic, minced
- 10 cups water
- 2 tablespoons Wyler's® Beef-Flavor Instant Bouillon
- 1 small head cabbage, chopped
- 4 medium carrots, sliced
- 1 (15-ounce) can chickpeas, undrained
- 1 (15-ounce) can kidney beans, undrained
- 4 medium zucchini, sliced
- 4 medium fresh tomatoes, peeled, seeded and chopped
- 1 cup chopped fresh parsley
- 1 teaspoon thyme leaves
- 1 teaspoon any salt-free herb seasoning
- ¼ teaspoon pepper
- ½ of a (1-pound) package Creamette® Radiatore *or* Medium Shells, uncooked
- Grated Parmesan cheese, optional

In large Dutch oven, heat oil. Add beef, onion, celery and garlic; cook until beef is no longer pink. Add water and bouillon; bring to boil. Add cabbage, carrots, chickpeas and kidney beans. Reduce heat. Cover; simmer 45 minutes. Add zucchini, tomatoes, parsley and seasonings; simmer 15 minutes longer. Prepare Creamette® Radiatore or Shells as package directs; drain. Add to soup; heat through. Serve with Parmesan cheese, if desired. Refrigerate leftovers.

PER SERVING:				
Calories	182	Fat	6.5 g
Carbohydrate	20.1 g	Cholesterol	24.0 mg
Protein	10.9 g	Sodium	446.6 mg

Note: To reduce sodium, substitute low-sodium bouillon.

Ziti Salmon Salad

Makes 10 servings

- ½ of a (1-pound) package Creamette® Ziti, uncooked
- 1 (16-ounce) can salmon, drained, skin and bone removed
- 1 (6-ounce) package frozen snow peas, thawed
- 1 medium red pepper, chopped
- 1 medium yellow pepper, chopped
- ½ cup sliced green onions
- ½ cup bottled reduced calorie Italian dressing
- ½ teaspoon any salt-free herb seasoning

Prepare Creamette® Ziti as package directs; drain. In large bowl, combine ziti and remaining ingredients; mix well. Cover; chill thoroughly. Stir before serving. Refrigerate leftovers.

PER SERVING:				
Calories	173	Fat	4.4 g
Carbohydrate	19.4 g	Cholesterol	18.9 mg
Protein	12.6 g	Sodium	331.9 mg





Fresh Fruit Shell Salad

Makes 10 servings

- ½ of a (1-pound package) Creamette® Medium Shells uncooked
- 1 container (8-ounce) plain lowfat yogurt
- ¼ cup frozen concentrate orange juice, thawed
- 1 can (15-ounce) juice-pack pineapple chunks, drained
- 1 large orange, peeled, sectioned and seeded
- 1 cup seedless red grapes, cut into halves
- 1 cup seedless green grapes, cut into halves
- 1 apple, cored and chopped
- 1 banana, sliced

Prepare Creamette® Shells as package directs; drain. In small bowl, blend yogurt and orange juice concentrate. In large bowl, combine remaining ingredients. Add yogurt mixture; toss to coat. Cover; chill thoroughly. Toss gently before serving. Refrigerate leftovers.

PER SERVING:				
Calories	179	Fat	0.9 g
Carbohydrate	39.0 g	Cholesterol	1.4 m
Protein	4.7 g	Sodium	20.0 m

Shells And Shrimp Salad Alfresco

Makes 10 servings

- ½ of a (1-pound) package Creamette® Medium Shells, uncooked
- 2 cups cooked medium shrimp
- 2 medium fresh tomatoes, peeled, seeded and chopped
- 2 cups torn fresh spinach
- 1 cup sliced fresh cauliflowerets
- ½ cup sliced radishes
- ¼ cup sliced green onions
- 2 tablespoons vegetable oil
- 2 tablespoons lemon juice
- 1 tablespoon Dijon-style mustard
- ¼ teaspoon thyme leaves
- ¼ teaspoon lemon pepper seasoning

Prepare Creamette® Medium Shells as package directs; drain. In large bowl, combine shells, shrimp, tomatoes, spinach, cauliflower, radishes and green onions. In small bowl, blend oil, lemon juice, mustard, thyme and seasoning; add to salad and toss to coat. Cover; chill thoroughly. Toss gently before serving. Refrigerate leftovers.

PER SERVING:				
Calories	176	Fat	3.8 g
Carbohydrate	19.8 g	Cholesterol	67.6 m
Protein	14.8 g	Sodium	88.5 m



CREAMETTES® CHICKEN SALAD ▲

Makes 8 servings

1 (7-ounce) package Creamettes® Elbow Macaroni (2 cups uncooked)
2 cups cubed cooked chicken or turkey (white meat)
2 cups fresh broccoli flowerets
4 medium oranges, peeled sectioned and seeded
1 cup orange juice
¼ cup cider vinegar
1 teaspoon ground ginger
½ teaspoon paprika
¼ cup toasted sliced almonds

Prepare Creamettes® Elbow Macaroni as package directs; drain. In large bowl, combine macaroni, chicken, broccoli and oranges. In small bowl, blend orange juice, vinegar, ginger and paprika; toss with macaroni mixture. Cover; chill thoroughly. Stir before serving. Garnish with almonds. Refrigerate leftovers.

PER SERVING: Calories 222, Fat 4.3 g, Carbohydrate 27.6 g, Cholesterol 36.0 mg, Protein 18.2 g, Sodium 38.4 mg

MOSTACCIOLI SALAD NICOISE

Makes 16 servings

1 (1-pound) package Creamette® Mostaccioli, uncooked
2 pounds fresh green beans, steamed until tender-crisp
2 medium green peppers, cut into chunks
1 pint cherry tomatoes, quartered
2 cups sliced celery
½ cup sliced green onions
10 pitted ripe olives, sliced
2 (7-ounce) cans water-pack white tuna, drained and flaked
½ cup olive or vegetable oil
¼ cup red wine vinegar
3 cloves garlic, minced
4 teaspoons Dijon-style mustard
1 teaspoon any salt-free herb seasoning
1 teaspoon basil leaves
¼ teaspoon pepper

Prepare Creamette® Mostaccioli as package directs; drain. In large bowl, combine mostaccioli, vegetables, olives and tuna. In small bowl, blend oil, vinegar, garlic, mustard, herb seasoning, basil and pepper; toss with tuna mixture. Cover; chill thoroughly. Stir before serving. Refrigerate leftovers.

PER SERVING: Calories 236, Fat 8.7 g, Carbohydrate 28.4 g, Cholesterol 8.6 mg, Protein 12.2 g, Sodium 185.4 mg

GENERAL INFORMATION:
Creamette® pasta is a versatile favorite in everything from mom's macaroni and cheese to Light Italian Spaghetti Primavera (page 8) to Rotini Stir Fry (page 7).

MAIN DISHES

SHRIMP LINGUINE

Makes 8 serving

1 pound medium shrimp, shelled and deveined
½ cup dry white wine
1 tablespoon lemon juice
1 tablespoon lime juice
¼ pound fresh snow peas
6 green onions, thinly sliced
1 tablespoon chopped fresh parsley
¾ teaspoon basil leaves
½ teaspoon lemon pepper seasoning
2 cloves garlic, minced
1 bay leaf
½ of a (1-pound) package Creamette® Linguine, uncooked

In large skillet, combine shrimp, wine, lemon juice and lime juice. Bring to boil. Reduce heat; simmer, covered, 3 minutes. Add remaining ingredients, *except* linguine. Cook, stirring constantly, just until snow peas are tender and shrimp is opaque, about 5 minutes.

Prepare Creamette® Linguine as package directs; drain. Remove bay leaf from shrimp mixture. Combine shrimp mixture and hot cooked linguine; toss to coat. Refrigerate leftovers.

PER SERVING: Calories 191, Fat 1.2 g, Carbohydrate 23.2 g, Cholesterol 85.6 m, Protein 18.0 g, Sodium 72.6 m

LINGUINE WITH WHITE CLAM SAUCE

Makes 8 serving

1 (1-pound) package Creamette® Linguine, uncooked
2 tablespoons olive or vegetable oil
2 cloves garlic, minced
2 (6½-ounce) cans Snow's® or Doxsee® Chopped Clams, drain and reserve liquid
½ cup chopped fresh parsley
¼ cup dry white wine
1 teaspoon basil leaves

Prepare Creamette® Linguine as package directs; drain. In mediur skillet, heat oil and garlic. Stir in reserved clam liquid and parsley cook and stir 3 minutes. Add clams, wine and basil. Simmer 5 minutes. Toss clam sauce with hot cooked linguine. Serve immediately. Refrigerate leftovers.

PER SERVING: Calories 293, Fat 4.8 g, Carbohydrate 48.4 g, Cholesterol 15.0 m, Protein 11.5 g, Sodium 232.0 m

▼





PAGHETTI PIZZA DELUXE ▲

Makes 8 servings

(7-ounce) package Creamette® Spaghetti, uncooked
cup skim milk
egg, beaten
Vegetable cooking spray
pound lean ground beef
medium onion, chopped
medium green pepper, chopped
cloves garlic, minced
1 (15-ounce) can tomato sauce
1 teaspoon Italian seasoning
1 teaspoon any salt-free herb seasoning
¼ teaspoon pepper
2 cups sliced fresh mushrooms
2 cups shredded part-skim mozzarella cheese

epare Creamette® Spaghetti as package directs; drain. In edium bowl, blend milk and egg; add spaghetti and toss to at. Spray 15 x 10-inch jellyroll pan with vegetable cooking ray. Spread spaghetti mixture evenly in prepared pan. In large illet, cook beef, onion, green pepper and garlic until beef is no nger pink; drain. Add tomato sauce and seasonings; simmer minutes. Spoon meat mixture evenly over spaghetti. Top with ushrooms and cheese. Bake in 350° oven for 20 minutes. t stand 5 minutes before cutting. Refrigerate leftovers.

R SERVING: Calories 267, Fat 9.2 g, Carbohydrate 25.3 g, Cholesterol 76.4 mg, Protein 20.0 g, Sodium 498.8 mg

te: To reduce sodium, substitute no-salt-added tomato sauce.

GENERAL INFORMATION:

Creamette® pasta fits your busy lifestyle—stores conveniently on the shelf so it's always handy; cooks in minutes for a wholesome, delicious, satisfying meal for your family at a moment's notice. Pasta stays fresh and nutritious indefinitely when stored in the package (or a sealed container) in a cool, dark, dry, infestation-free area.

Because Creamette® pasta is an excellent source of complex carbohydrates, it provides sustained energy and endurance. Many athletes consider pasta an integral part of their diets. Put this long-lasting energy to work for you and your family, too.

LINGUINE PRIMAVERA

Makes 8 servings

2 tablespoons olive or vegetable oil
2 tablespoons lemon juice
1 medium red pepper, cut into strips
1 large onion, chopped
1 (8-ounce) package fresh mushrooms, sliced
½ pound lean fully cooked ham, cut into julienne strips
1 package (10-ounce) frozen peas, thawed
1 package (6-ounce) frozen snow peas, thawed
1 (5-ounce) can evaporated skimmed milk
½ cup shredded Provolone cheese, divided
½ of a (1-pound) package Creamette® Linguine
Fresh ground pepper

In large skillet, heat olive oil and lemon juice. Add red pepper, onion and mushrooms; cook until tender-crisp. Add ham, green peas, snow peas, milk and ¼ cup cheese; heat through, stirring frequently. Keep warm. Prepare Creamette® Linguine as package directs; drain. Combine hot cooked linguine and vegetable mixture; toss to coat. Top with remaining ¼ cup cheese. Serve immediately with fresh ground pepper. Refrigerate leftovers.

PER SERVING: Calories 273, Fat 7.7 g, Carbohydrate 33.0 g, Cholesterol 21.6 mg, Protein 17.1 g, Sodium 493.4 mg

Note: To reduce sodium, substitute ½ pound fully cooked turkey breast for the ham.

VERMICELLI AND ORANGE ROUGHY

Makes 6 servings

6 medium fresh tomatoes, peeled and cored
1 medium green pepper, chopped
1 medium onion, chopped
2 cloves garlic, minced
1 teaspoon Wyler's® Chicken-Flavor Instant Bouillon
1 bay leaf
½ teaspoon thyme leaves
½ teaspoon any salt-free herb seasoning
⅛ teaspoon crushed red pepper
1 pound orange roughy or other white fish fillets, cut into 1-inch pieces
1 (1-pound) package Creamette® Vermicelli, uncooked
¼ cup chopped fresh parsley

In blender or food processor, process tomatoes until smooth. In large non-stick skillet, combine tomatoes, green pepper, onion, garlic, bouillon and seasonings. Bring to boil. Reduce heat; simmer 15 minutes. Add orange roughy; cover and cook until fish flakes with fork, about 10 minutes. Remove bay leaf. Prepare Creamette® Vermicelli as package directs; drain. Arrange on warm platter; top with sauce. Garnish with parsley. Refrigerate leftovers.

PER SERVING: Calories 471, Fat 8.1 g, Carbohydrate 62.5 g, Cholesterol 0.6 mg, Protein 33.9 g, Sodium 3.5 mg

COOKING TIPS FOR CREAMETTE® PASTA:

- Use a large pot and plenty of water to allow pasta to "swim."
- Keep water at a boil at all times.
- Salt may be added, but is not necessary. If you are trying to reduce your sodium intake, omit salt during cooking.
- Stir "long goods" (spaghetti, linguine, fettuccini, etc.) often with a long-handled fork. This prevents pasta from sticking together during cooking.
- Stir "short goods" (elbow macaroni, rotini, rigatoni, etc.) with a wide spoon, to prevent sticking.
- Time is critical when cooking pasta. Be sure to check the recommended cooking times on the back of the package.
- When using cooked pasta in salads or casseroles, rinse with cold water and drain well before continuing with the recipe.
- We do not recommend a microwave oven for initial cooking of pasta products. Time savings are negligible over the conventional method of boiling. However, a microwave oven is very useful for reheating Creamette® pasta dishes and for preparing sauces. Refer to the oven manufacturer's directions.



Turkey Lasagna Roll-Ups ▲

Makes 8 servings

½ of a (1-pound) package Creamette® Lasagna, uncooked
1 (15-ounce) container part-skim ricotta cheese
1 (5-ounce) can evaporated skimmed milk
¼ cup reduced calorie mayonnaise
2 tablespoons chopped fresh parsley
1 teaspoon lemon pepper seasoning
½ pound thinly sliced fully cooked turkey breast
1 (10-ounce) package frozen cut asparagus, thawed
1 (15-ounce) can tomato puree
½ cup water
1 large fresh tomato, peeled, seeded and chopped
1 large carrot, finely shredded
¼ cup sliced green onion
1 teaspoon any salt-free herb seasoning
1 teaspoon Italian seasoning
½ teaspoon garlic powder
½ teaspoon fennel seed
¼ teaspoon crushed red pepper
1 cup shredded part-skim mozzarella cheese

Prepare Creamette® Lasagna as package directs; drain. In large bowl, blend ricotta, milk, mayonnaise, parsley and lemon pepper seasoning. Spread cheese mixture equally on lasagna strips. Top evenly with turkey and asparagus; roll up each strip. In medium bowl, combine tomato puree, water, tomato, carrot, green onions and remaining seasonings; mix well. Spread half the sauce in ungreased 13 x 9-inch baking dish. Arrange lasagna strips seam-side down in sauce. Pour remaining sauce over lasagna roll-ups; top with mozzarella cheese. Cover; bake in a 350° oven for 40 to 50 minutes. Refrigerate leftovers.

PER SERVING:				
Calories	317	Fat	8.5 g
Carbohydrate	35.3 g	Cholesterol	49.9 mg
Protein	25.1 g	Sodium	409.4 mg

Nutrition:

Three types of foods provide calories: fats, carbohydrates and protein. Fat has more than twice as many calories as carbohydrates or proteins. Reduce fat by reducing the amount of margarine, oils, eggs, meats and cheeses in the recipe *or* by increasing the pasta to make more servings with less fat and fewer calories each.

Veal Stroganoff with Macaroni

Makes 8 servi

2 tablespoons olive or vegetable oil
1 pound boneless veal, trimmed and cut into cubes
1 (10-ounce) package frozen green peas, thawed
2 cups sliced fresh mushrooms
½ cup chopped onion
2 cloves garlic, minced
1 cup lowfat cottage cheese
1 (8-ounce) container plain lowfat yogurt
2 tablespoons cooking sherry
1 tablespoon Worcestershir sauce
1 teaspoon any salt-free herb seasoning
½ teaspoon beau monde seasoning
¼ teaspoon lemon pepper
¼ teaspoon ground nutmeg
1 (7-ounce) package Creamettes® Elbow Maca (2 cups uncooked)
1 tablespoon chopped fresl parsley

In large skillet, heat oil. Add veal and cook until tender, stirring occasionally. Add peas, mushrooms, onion and garlic. Cook an stir until vegetables are tender. In blender or food processor, c bine cottage cheese, yogurt, sherry, Worcestershire and seasoni process until smooth. Add to meat mixture; mix well and heat through. Prepare Creamettes® Elbow Macaroni as package directs; drain. Combine hot cooked macaroni and meat mixtur mix well. Garnish with parsley. Serve immediately. Refrigerate leftovers.

PER SERVING:				
Calories	357	Fat	14.3
Carbohydrate	28.6 g	Cholesterol	61.0
Protein	25.9 g	Sodium	119.0

General Information:

There are many ways you can reduce calories, fat and cholester in your diet by substituting some foods for others, with little or no noticeable effect on flavor or texture. Listed below are some comparisons you may find helpful.

1 Cup Skim Milk	vs.	1 Cup Whole Milk
90	calories	160
0g	fat	9g
5mg	cholesterol	35mg

1 Cup Whole Milk	vs.	1 Cup Half-and-Half
160	calories	325
9g	fat	28g
35mg	cholesterol	96mg

½ Cup Low-Fat Cottage Cheese	vs.	½ Cup (4% Milkfat) Cottage Cheese
90	calories	110
3g	fat	5g
10mg	cholesterol	16mg

1 Ounce Part-Skim Ricotta Cheese	vs.	1 Ounce Whole Milk Ricotta Cheese
40	calories	45
3g	fat	4g
20mg	cholesterol	25mg

1 Tablespoon Margarine	vs.	1 Tablespoon Butter
100	calories	100
11g	fat	11g
0mg	cholesterol	30mg

1 Tablespoon Reduced-Fat Sour Cream	vs.	1 Tablespoo Sour Crea
20	calories	30
1g	fat	2g
5mg	cholesterol	10mg

1 Ounce Neufchâtel Cheese	vs.	1 Ounce Cream Cheese
80	calories	100
7g	fat	10g
25mg	cholesterol	30mg

1 Tablespoon Light Reduced-Calorie Mayonnaise	vs.	1 Tablespoon Mayonnais
45	calories	100
5g	fat	11g
5mg	cholesterol	5mg

1 Ounce Part-Skim Mozzarella Cheese	vs.	1 Ounce Cheddar Cheese
72	calories	114
5g	fat	9g
16mg	cholesterol	30mg

3 Ounces Water-Pack Tuna	vs.	3 Ounces Oil-Pack Tuna
90	calories	230
1g	fat	20g
75mg	cholesterol	75mg

STIR-FRY BEEF & NOODLES

Makes 8 servings

2 tablespoons vegetable oil
pound beef flank steak, cut diagonally into thin slices
2 cups fresh broccoli flowerets
2 cups sliced fresh mushrooms
large onion, chopped
clove garlic, minced
2 tablespoons capers, drained
1 teaspoon Wyler's® Beef-Flavor Instant Bouillon
¼ cup red wine or water
½ of a (1-pound) package Creamette® Egg Noodles, uncooked

large skillet, heat oil. Add beef; cook and stir just until tender. Add broccoli, mushrooms, onion, garlic, capers and bouillon; ook and stir just until broccoli is tender-crisp. Add wine; cook 1 inute. Keep warm. Prepare Creamette® Egg Noodles as package irects; drain. Serve meat mixture over hot cooked noodles. efrigerate leftovers.

PER SERVING:				
Calories	214	Fat	6.1 g
Carbohydrate	24.3 g	Cholesterol	28.5 mg
Protein	13.5 g	Sodium	136.4 mg

lote: To reduce sodium, substitute low-sodium bouillon.



REEK LAMB SAUTE WITH MOSTACCIOLI ▲

Makes 8 servings

of a (1-pound) package Creamette® Mostaccioli, uncooked
tablespoon olive or vegetable oil
medium green pepper, chopped
medium onion, chopped
medium eggplant, peeled, seeded and cut into 1-inch cubes
2 cloves garlic, minced
½ pound lean boneless lamb, cut into ¾-inch cubes
2 fresh tomatoes, peeled, seeded and chopped
¼ teaspoon ground nutmeg
¼ cup grated Parmesan cheese

epare Creamette® Mostaccioli as package directs; drain. In large illet, heat oil; add green pepper, onion, eggplant and garlic. ook and stir until tender-crisp. Add lamb; cook until tender. Stir tomatoes and nutmeg; heat through. Toss meat mixture with ot cooked mostaccioli and Parmesan cheese. Serve immediately. efrigerate leftovers.

ER SERVING:				
Calories	205	Fat	5.3 g
Carbohydrate	24.8 g	Cholesterol	29.2 mg
Protein	13.5 g	Sodium	82.2 mg

NUTRITION:

Creamette® Pasta combined with cheese, beans or egg forms a complete amino acid, providing additional dietary protein.



ROTINI STIR FRY ▲

Makes 8 servings

½ of a (1-pound) package Creamette® Rotini, uncooked
2 tablespoons olive or vegetable oil
2 whole boneless chicken breasts, skinned and cut into strips
1 cup fresh broccoli flowerets
1 cup carrot curls
½ cup sliced red onion
¼ cup water
½ teaspoon Wyler's® Chicken-Flavor Instant Bouillon
½ teaspoon tarragon leaves
2 tablespoons grated Parmesan cheese

Prepare Creamette® Rotini as package directs; drain. In large skillet, heat oil; add chicken, broccoli, carrots and onion. Cook and stir over medium heat until broccoli is tender-crisp. Add water, bouillon and tarragon; cook and stir until chicken is cooked through. Add hot cooked rotini and Parmesan cheese; toss to coat. Serve immediately. Refrigerate leftovers.

PER SERVING:				
Calories	225	Fat	6.0 g
Carbohydrate	23.4 g	Cholesterol	37.3 mg
Protein	18.0 g	Sodium	122.8 mg

Note: To reduce sodium, substitute low-sodium bouillon.

ALL NATURAL, LOW FAT NUTRITION WITH NO SODIUM.

Creamette® pasta is not only delicious, it helps keep you and your family fit. Creamette® pasta:

- is high in complex carbohydrates (for sustained energy)
- is low in fat (only 1 gram per 2-ounce (dry) serving)
- has no sodium added in manufacture, nor is any required in cooking
- contains no preservatives or artificial coloring

LOW CALORIE NUTRITION:

A single (3½-ounce cooked) serving of lean beef sirloin contains 34% fat, 23% protein and 387 calories. A single (2-ounce dry) serving of Creamette® pasta contains 0.5% fat, 5% protein and 210 calories.

COOKING INFORMATION:

Q: How much does a 2-ounce dry serving of pasta yield when it is cooked?

A: The final cup yield varies from one shape to another. As a general rule, 2 ounces of dry pasta will yield about 1 to 1½ cups cooked pasta. For more detailed information for each type of pasta, see the chart on the back of the Creamette® package.

Light Suppers and Brunches

Triple Tomato Capellini

Makes 8 servings

1 (28-ounce) can whole tomatoes, undrained
1 (15-ounce) can tomato puree
3 cloves garlic, minced
½ teaspoon any salt-free herb seasoning
1 tablespoon olive or vegetable oil
4 medium fresh tomatoes, peeled, seeded and chopped
½ teaspoon basil leaves
½ teaspoon oregano leaves
1 (1-pound) package Creamette® Capellini, uncooked
Freshly grated Parmesan cheese, optional

In food processor or blender, combine canned tomatoes, puree, garlic, seasoning and oil; process until smooth. In large skillet, bring tomato mixture to boil. Reduce heat; simmer 10 minutes. Add chopped tomatoes, basil and oregano; simmer 5 minutes. Prepare Creamette® Capellini as package directs; drain. Serve sauce over hot cooked capellini. Refrigerate leftovers.

PER SERVING:				
	Calories	303	Fat	4.7 g
	Carbohydrate	56.0 g	Cholesterol	0.0 mg
	Protein	9.5 g	Sodium	470.9 mg

Note: To reduce sodium, substitute no-salt-added canned tomatoes.



Light Italian Spaghetti Primavera ▲

Makes 6 servings

½ of a (1-pound) package Creamette® Thin Spaghetti, uncooked
½ cup bottled reduced calorie Italian dressing
1 medium green pepper, chopped
1 medium red pepper, chopped
1 medium yellow squash, cut into strips
1 cup sliced fresh mushrooms
¼ cup chopped onion
3 tablespoons sliced pitted ripe olives
¼ cup shredded part-skim mozzarella cheese
3 tablespoons chopped fresh parsley

Prepare Creamette® Thin Spaghetti as package directs; drain. In large skillet, combine remaining ingredients except cheese and parsley; simmer just until vegetables are tender-crisp. Serve over hot cooked spaghetti; sprinkle with cheese and parsley. Refrigerate leftovers.

PER SERVING:				
	Calories	205	Fat	4.9 g
	Carbohydrate	31.9 g	Cholesterol	8.0 mg
	Protein	7.7 g	Sodium	217.8 mg



Macaroni Rellano ▲

Makes 8 servin

1 (7-ounce) package Creamettes® Elbow Macaroni (2 cups uncooked)
1 egg, beaten
½ cup skim milk
¼ teaspoon ground cumin
1 (4-ounce) can chopped green chilies, drained
1 (4-ounce) can diced pimientos, drained
Vegetable cooking spray
1 (15-ounce) can pinto bean heated and drained
1 cup shredded Monterey Jack cheese
1 medium fresh tomato, peeled, seeded and chopp
1 medium green pepper, chopped
¼ cup sliced green onions

Prepare Creamette® Elbow Macaroni as package directs; drain. In medium bowl, blend egg, milk and cumin; stir in hot cooked macaroni, chilies and pimiento. Spray 9-inch non-stick skillet wi vegetable cooking spray; heat pan. Add macaroni mixture. Cov cook over low heat until mixture is set, about 15 minutes. Loose edge with rubber spatula and invert onto warm platter. Top wit remaining ingredients. Let stand 5 minutes before cutting. Refrigerate leftovers.

PER SERVING:				
	Calories	260	Fat	5.9
	Carbohydrate	38.3 g	Cholesterol	34.5
	Protein	13.3 g	Sodium	95.7

Note: To reduce sodium, rinse and drain chilies, pimientos and pi beans; reheat beans in a small amount of water.

Creamettes with Fresh Tomato Sauce

Makes 6 servin

1 (7-ounce) package Creamettes® Elbow Macaroni (2 cups uncooked)
1 medium green pepper, chopped
1 small onion, chopped
1 clove garlic, minced
2 tablespoons margarine
6 medium fresh tomatoes, peeled, seeded and chopp
1 teaspoon basil leaves
½ teaspoon salt
¼ teaspoon pepper

Prepare Creamettes® Elbow Macaroni as package directs; drain large skillet, cook green pepper, onion and garlic in margarine u tender. Stir in tomatoes, basil, salt and pepper; simmer 5 minut Combine hot cooked macaroni and tomato sauce; mix well. Ser immediately. Refrigerate leftovers.

PER SERVING:				
	Calories	192	Fat	4.8
	Carbohydrate	31.6 g	Cholesterol	0.0
	Protein	5.6 g	Sodium	219.0

Note: To reduce sodium, omit salt.

GETABLE LASAGNA

Makes 8 servings

f a (1-pound) package
reamette® Lasagna,
ncooked
iedium fresh tomatoes,
ored and cut up
up grated carrots
up finely chopped onion
easpoons basil leaves
easpoon any salt-free
erb seasoning
easpoon garlic powder
easpoon fennel seed
easpoon pepper
2 (10-ounce) packages frozen chopped spinach, thawed and well drained
3 cups chopped zucchini (about 4 medium)
2 cups sliced fresh mushrooms
1 (15-ounce) container part-skim ricotta cheese, whipped until smooth
¼ cup chopped fresh parsley
1 cup shredded part-skim mozzarella cheese
¼ cup grated Parmesan cheese

oare Creamette® Lasagna as package directs; drain. In blender ood processor, process tomatoes until smooth. In large sauce-, combine tomatoes, carrots, onion and seasonings; simmer minutes. Spread about ¾ cup of the tomato mixture in a 9-inch baking dish. Layer one-third *each* of lasagna, remaining ato sauce, spinach, zucchini, mushrooms, ricotta, parsley, zzarella and Parmesan cheese. Repeat layering twice. Cover; e in a 350° oven for 45 minutes. Remove from oven; let stand inutes before cutting. Refrigerate leftovers.

SERVING:

Calories	302	Fat	9.1 g
Carbohydrate	37.25 g	Cholesterol	29.0 mg
Protein	19.75 g	Sodium	284.4 mg

UTRITIONAL FACTS YOU SHOULD KNOW.

What are complex carbohydrates?
Complex carbohydrates are primarily starch and fiber.

What's the difference between simple and complex carbohydrates?
Simple carbohydrates (found in high-sugar foods) are released quickly into the bloodstream and provide only short-term energy followed by a rapid drop. Complex carbohydrates, by contrast must first be broken down into simple carbohydrates and are released slowly into the bloodstream, providing long-lasting energy (and also prevent hunger longer).

What about using olive oil?
Research indicates olive oil, because of its high concentration of monosaturated fats, may be beneficial in actually lowering blood cholesterol levels that are linked to some types of heart disease. For many years, it was assumed that replacing saturated fats (which increase blood cholesterol levels and promote arterial blockage) with those having more polyunsaturated fats (which help reduce blood cholesterol levels) was the only way to help lower cholesterol and minimize arterial blockage. Monosaturated fats (found in olive oil) were thought to be neutral, neither increasing nor decreasing cholesterol. Research now indicates that monosaturated fats are also beneficial in that they decrease the low-density lipoprotein (LDL) cholesterol in the blood. Low-density lipoprotein cholesterol is the type associated with heart disease. Monosaturated fats also appear to help increase the high-density lipoprotein (HDL) cholesterol that helps guard against arterial blockage.

Is pasta approved for consumption by diabetics?
Pasta is listed as an exchange for diabetics and when properly used, fits well into a diabetic meal plan. Early studies indicate pasta releases carbohydrates *slowly* into the bloodstream which prevents a rapid increase in blood glucose. Preliminary studies have also indicated that some other foods high in complex carbohydrates can raise glucose and insulin levels very quickly. Pasta was found to produce a flat reading on glucose levels and insulin release. For further information in using pasta in your meal planning, please contact your diabetes educator or your local chapter of the American Diabetes Association.

MANUFACTURER'S COUPON | NO EXPIRATION DATE

SAVE 15¢



ANY SIZE ANY CREAMETTE® SHELLS

MANUFACTURER'S COUPON | NO EXPIRATION DATE

SAVE 15¢



1 LB. CREAMETTE® LASAGNA

MANUFACTURER'S COUPON | NO EXPIRATION DATE

SAVE 15¢

1 LB. CREAMETTE® ROTINI OR RAINBOW ROTINI



MANUFACTURER'S COUPON | NO EXPIRATION DATE

SAVE 15¢

1 LB. CREAMETTE® MOSTACCIOLI OR MOSTACCIOLI RIGATI



MANUFACTURER'S COUPON | NO EXPIRATION DATE

SAVE 15¢



1 OR 2 LB. CREAMETTE® SPAGHETTI OR THIN SPAGHETTI

MANUFACTURER'S COUPON | NO EXPIRATION DATE

SAVE 15¢

ANY SIZE CREAMETTES® ELBOW MACARONI



SAVE 15¢ ON ANY SIZE ANY CREAMETTE® SHELLS

TO THE RETAILER: This coupon will be redeemed for the face value plus 8¢ handling when received at The Creamette Co., 428 N. 1st. Mpls., MN 55401, provided the coupon is taken in exchange on the Creamette product specified and provided the store redeeming the coupon has purchased stocks equal to or in excess of coupons redeemed. Cash value 1/20¢. IMPORTANT FRAUD CLAUSE: This coupon must be signed to be valid. Unauthorized republication prohibited. Computer tabulated.

Name_____ CRM 02287

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TO THE RETAILER: This coupon will be redeemed for the face value plus 8¢ handling when received at The Creamette Co., 428 N. 1st. Mpls., MN 55401, provided the coupon is taken in exchange on the Creamette product specified and provided the store redeeming the coupon has purchased stocks equal to or in excess of coupons redeemed. Cash value 1/20¢. IMPORTANT FRAUD CLAUSE: This coupon must be signed to be valid. Unauthorized republication prohibited. Computer tabulated.

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MANUFACTURER'S COUPON | NO EXPIRATION DATE

SAVE 15¢ ON 1 LB. CREAMETTE® ROTINI OR RAINBOW ROTINI

TO THE RETAILER: This coupon will be redeemed for the face value plus 8¢ handling when received at The Creamette Co., 428 N. 1st. Mpls., MN 55401, provided the coupon is taken in exchange on the Creamette product specified and provided the store redeeming the coupon has purchased stocks equal to or in excess of coupons redeemed. Cash value 1/20¢. IMPORTANT FRAUD CLAUSE: This coupon must be signed to be valid. Unauthorized republication prohibited. Computer tabulated.

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MANUFACTURER'S COUPON | NO EXPIRATION DATE

SAVE 15¢ ON 1 LB. CREAMETTE® MOSTACCIOLI OR MOSTACCIOLI RIGATI

TO THE RETAILER: This coupon will be redeemed for the face value plus 8¢ handling when received at The Creamette Co., 428 N. 1st. Mpls., MN 55401, provided the coupon is taken in exchange on the Creamette product specified and provided the store redeeming the coupon has purchased stocks equal to or in excess of coupons redeemed. Cash value 1/20¢. IMPORTANT FRAUD CLAUSE: This coupon must be signed to be valid. Unauthorized republication prohibited. Computer tabulated.

Name_____ CRM 02587

MANUFACTURER'S COUPON | NO EXPIRATION DATE

SAVE 15¢ ON 1 OR 2 LB. CREAMETTE® SPAGHETTI OR THIN SPAGHETTI

TO THE RETAILER: This coupon will be redeemed for the face value plus 8¢ handling when received at The Creamette Co., 428 N. 1st. Mpls., MN 55401, provided the coupon is taken in exchange on the Creamette product specified and provided the store redeeming the coupon has purchased stocks equal to or in excess of coupons redeemed. Cash value 1/20¢. IMPORTANT FRAUD CLAUSE: This coupon must be signed to be valid. Unauthorized republication prohibited. Computer tabulated.

Name_____ CRM 02687

MANUFACTURER'S COUPON | NO EXPIRATION DATE

SAVE 15¢ ON ANY SIZE CREAMETTES® ELBOW MACARONI

TO THE RETAILER: This coupon will be redeemed for the face value plus 8¢ handling when received at The Creamette Co., 428 N. 1st. Mpls., MN 55401, provided the coupon is taken in exchange on the Creamette product specified and provided the store redeeming the coupon has purchased stocks equal to or in excess of coupons redeemed. Cash value 1/20¢. IMPORTANT FRAUD CLAUSE: This coupon must be signed to be valid. Unauthorized republication prohibited. Computer tabulated.

Name_____ CRM 02787



ITALIAN CAPELLINI AND FRESH TOMATO ▲

Makes 6 ser

- ½ of a (1-pound) package Creamette® Capellini, uncooked
- 2 cups peeled, seeded, finely chopped fresh tomatoes (about 3 medium)
- 2 tablespoons olive oil
- 1 teaspoon basil leaves
- ½ teaspoon salt
- ½ teaspoon coarse ground pepper

Prepare Creamette® Capellini as package directs; drain. Quickly hot cooked capellini with remaining ingredients. Serve immedia Refrigerate leftovers.

PER SERVING:	Calories	196	Fat	5
	Carbohydrate	30.9 g	Cholesterol	C
	Protein	5.4 g	Sodium	17C

Note: To reduce sodium, omit salt.

CONFETTI SCALLOPS & NOODLES

Makes 8 ser

- ½ of a (1-pound) package Creamette® Egg Noodles, uncooked
- 1 cup water
- 2 teaspoons Wyler's® Chicken-Flavor Instant Bouillon
- ½ cup dry white wine
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1 teaspoon dill weed
- ½ teaspoon lemon pepper seasoning
- 1 pound bay scallops
- 2 cups shredded cabbage
- 1 cup sliced carrots
- ½ cup sliced green onions
- 3 cups torn fresh spinach leaves

Prepare Creamette® Egg Noodles as package directs; drain. large non-stick skillet, bring water and bouillon to boil. Reduce add remaining ingredients except spinach and noodles. Cove simmer 10 minutes. Add spinach; cook and stir 5 minutes lor Toss with hot cooked noodles. Serve immediately. Refrigerat leftovers.

PER SERVING:	Calories	207	Fat	3
	Carbohydrate	40.5 g	Cholesterol	3C
	Protein	18.1 g	Sodium	29

Note: To reduce sodium, substitute low-sodium bouillon.

TIP:

To reduce calories and fat and increase fiber in each serving your favorite pasta dish, add extra pasta and vegetables without increasing meat, eggs, butter or oils.

Sauces

rve these sauces with your favorite pasta. Pesto can be served th any "long" good—spaghetti (as suggested), capellini, linguine, etc. rlic Blender Sauce adds a nice touch to long goods or noodles. mato Meat Sauce goes well with any type of pasta cut—"long"- or nort" goods. Short goods are elbow macaroni, rigatoni, mostaccioli, . Cheese sauce is excellent with "short goods."

PAGHETTI WITH PESTO SAUCE

Makes 10 servings

1 (1-pound) package Creamette® Spaghetti, uncooked
2 cups tightly packed fresh basil leaves
2 tablespoons pine nuts
¼ cup olive oil
⅓ cup freshly grated Parmesan cheese
2 cloves garlic, minced

epare Creamette® Spaghetti as package directs; drain. In blender food processor, combine remaining ingredients; process until nooth. Toss pesto sauce with hot cooked spaghetti. Serve mediately. Refrigerate leftovers.

ER SERVING: Calories 260, Fat 8.3 g, Carbohydrate 37.5 g, Cholesterol 2.6 mg, Protein 8.3 g, Sodium 62.7 mg

ARLIC BLENDER SAUCE

Makes 1¼ cups

cup hot water
tablespoons olive oil
tablespoon dried sweet pepper flakes
teaspoon basil leaves
1 teaspoon Wyler's® Chicken-Flavor Instant Bouillon
3 cloves garlic
Freshly ground pepper, or ½ teaspoon coarse ground pepper

blender, combine all ingredients; process until smooth. frigerate leftovers.

R ¼ CUP: Calories 59, Fat 5.8 g, Carbohydrate 1.3 g, Cholesterol 0.0 mg, Protein 0.3 g, Sodium 185.0 mg

te: To reduce sodium, substitute low-sodium bouillon.

OMATO-MEAT SAUCE

Makes 6 cups

pound lean ground beef
medium onion, chopped
cloves garlic, minced
medium fresh tomatoes, peeled, seeded and cut up
teaspoon salt
½ teaspoon any salt-free herb seasoning
½ teaspoon sugar
½ teaspoon basil leaves
¼ cup red wine

large skillet, combine beef, onion and garlic; cook until beef is longer pink. Set aside. In blender, combine remaining ingre- ents; process for 30 seconds. Add tomato mixture to meat and getables; simmer for 20 minutes. Refrigerate leftovers.

R 1 CUP: Calories 148, Fat 6.4 g, Carbohydrate 8.5 g, Cholesterol 32.0 mg, Protein 11.1 g, Sodium 202.0 mg

te: To reduce sodium, omit salt.

HEESE SAUCE

Makes 2 cups

12-ounce) container lowfat cottage cheese
5-ounce) can evaporated skimmed milk
½ cup shredded Cheddar cheese
Freshly ground pepper

lender, combine cottage cheese and milk; process until smooth. small saucepan, heat mixture over medium-low heat, stirring stantly. Add cheese and pepper; stir until cheese melts. frigerate leftovers.

R ½ CUP: Calories 89, Fat 2.8 g, Carbohydrate 4.9 g, Cholesterol 11.0 mg, Protein 11.1 g, Sodium 287.0 mg

Side Dishes

HERBED SPAGHETTI SIDE DISH

Makes 6 servings

1 (7-ounce) package Creamette® Spaghetti, uncooked
2 tablespoons chopped fresh parsley
2 tablespoons grated Parmesan cheese
1 tablespoon margarine
1 tablespoon olive oil
1 teaspoon any salt-free herb seasoning
¼ teaspoon pepper

Prepare Creamette® Spaghetti as package directs; drain. Combine hot cooked spaghetti with remaining ingredients; toss to coat. Serve immediately. Refrigerate leftovers.

PER SERVING: Calories 170, Fat 5.5 g, Carbohydrate 24.1 g, Cholesterol 1.6 mg, Protein 5.1 g, Sodium 63.6 mg

ROSMARINA CARIBBEAN-STYLE

Makes 6 servings

1 cup Creamette® Rosmarina or Acini Di Pepe, uncooked
1 cup water
1 teaspoon Wyler's® Chicken-Flavor Instant Bouillon
1 teaspoon margarine
3 medium fresh tomatoes, peeled, seeded and chopped
¼ cup sliced green onion
2 tablespoons chopped fresh parsley
½ teaspoon any salt-free herb seasoning
¼ teaspoon curry powder
⅛ teaspoon ground cinnamon

In large skillet, combine all ingredients; bring to boil. Reduce heat; cover. Simmer until liquid is absorbed, 12 to 15 minutes, stirring occasionally. Serve immediately. Refrigerate leftovers.

PER SERVING: Calories 137, Fat 1.4 g, Carbohydrate 25.9 g, Cholesterol 0.0 mg, Protein 4.6 g, Sodium 150.0 mg

Note: To reduce sodium, substitute low-sodium bouillon.

GARDEN MEDLEY SPAGHETTI

Makes 6 servings

½ of a (1-pound) package Creamette® Thin Spaghetti, uncooked
2 tablespoons margarine
2 cloves garlic, minced
2 cups finely shredded carrots
1 medium zucchini, cut into julienne strips
¾ cup chopped onion
2 tablespoons grated Parmesan cheese
1 tablespoon chopped fresh dill *or* 1 teaspoon dried dill weed
½ teaspoon any salt-free herb seasoning

Prepare Creamette® Spaghetti as package directs; drain. In medium skillet, heat margarine with garlic. Add carrots, zucchini and onion; cook and stir until vegetables are tender. Toss vegetables with hot cooked spaghetti, Parmesan cheese, dill and seasoning. Serve immediately. Refrigerate leftovers.

PER SERVING: Calories 213, Fat 5.5 g, Carbohydrate 33.6 g, Cholesterol 1.7 mg, Protein 6.6 g, Sodium 100.5 mg

CREAMETTES® MEETS NUTRITIONAL GUIDELINES:

The American Cancer Institute recommends a low-fat diet to help prevent some forms of cancer. The American Heart Association recommends a diet in which *more than* one-half the daily caloric intake comes from carbohydrates and *less than* one-third come from fat. Because pasta is a low-fat source of complex carbohydrates, it can help you and your family achieve these goals deliciously—with increased energy and vitality as an added bonus!

EASY WAY TO REDUCE FAT.

Use meat sparingly in your favorite pasta recipes to provide flavor without adding unnecessary fat.



Pepper-Chicken Fettuccini Toss

Makes 12 servings

- 1 (1-pound) package Creamette® Fettuccini, uncooked
- ¼ cup olive or vegetable oil
- 3 whole boneless chicken breasts, skinned and cut into strips (about 18 ounces)
- 2 large red peppers, cut into strips
- 2 large yellow peppers, cut into strips
- 1 medium green pepper, cut into strips
- 1 medium onion, cut into chunks
- 2 cups sliced fresh mushrooms
- 1 teaspoon any salt-free herb seasoning
- 2 tablespoons grated Parmesan cheese

Prepare Creamette® Fettuccini as package directs; drain. In large skillet, heat oil; add chicken, peppers, onion, mushrooms and seasoning. Cook and stir over medium heat until chicken is cooked through, 8 to 10 minutes. Add hot cooked fettuccini and Parmesan cheese; toss to coat. Serve immediately. Refrigerate leftovers.

PER SERVING:				
Calories	264	Fat	6.9 g
Carbohydrate	30.3 g	Cholesterol	36.1 mg
Protein	18.5 g	Sodium	33.3 mg

If you have more questions about Creamette® Pasta, call

1-800-328-8620

Ask for Debbie

Now every dog lover can "adopt" these adorable puppies!



Shown smaller than actual size of 8¼" in diameter.

ime Out

by Ruane Manning

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for the very first time, the magic of Manning is yours to enjoy on a fine n collector plate. The rich porcelain ake the cocker spaniels even more ..and astonishingly lifelike.

A Limited First Edition

Out" is the first in a new series of alled *Puppy Pals*. Each issue will an adorable painting by Ruane g which has *never before* appeared ector plate. Mr. Manning's original tings are in private collections out the United States, and his re sold around the world.

plate will be numbered and accom- y a matching Certificate of Authen- ticity, attesting to its being produced within the edition limit of 14 firing days. As a finishing touch, each plate will be trimmed with precious 23kt gold.

No Obligation — No Risk

When you acquire "Time Out" you have the option — *but not the obligation* — to collect all subsequent plates in this series. Furthermore, under our *100% Unconditional Guarantee*, you may return any plate for replacement or refund within 30 days.

Reply Now for Lowest Possible Serial Number

Strong demand is expected for "Time Out" because of the many plate collectors who are dog lovers, too. Thus, we urge you to take "time out" now to reply and be guaranteed a low serial number. Reservations will be processed in order of receipt, so send in yours today!

the Danbury Mint

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PUP Reply by June 30, 1989 06

The Danbury Mint
47 Richards Avenue
P.O. Box 4900
Norwalk, Conn. 06857

Limit: two plates per collector

Please accept my reservation for **"Time Out"** as described in this announcement. I wish to reserve _____ (1 or 2) plate(s) at $24.95 (plus $2.95 shipping and handling — total $27.90*) each payable in U.S. funds.

Check one:

☐ My check or money order is enclosed.

☐ Charge my credit card at the time of shipment: ☐ MasterCard ☐ Visa ☐ American Express

Account No.: _____

Expiration Date: _____

Signature: _____

Name: _____

Address: _____

City: _____

State/Zip: _____

Allow 8 to 12 weeks for shipment.

*CT residents pay $29.99 per plate to include sales tax.

All orders subject to acceptance.



As the offbeat superstar hangs up his glove and ponders a future without touring, LHJ offers an exclusive backstage glimpse of his "final" concert

MICHAEL JACKSON says good-bye

By Mike Hammer





Michael gets macho in "Moonwalker" (above) and steals some shut-eye in his oxygen chamber

The concert was definitely a Thriller. Michael Jackson basked in the applause of sixteen thousand screaming fans at the Los Angeles Sports Arena last January, having just finished the final song of the final show of his allegedly final tour. As he leaned over to accept flowers from the audience, he wiped a few tears from his cheeks and waved one last good-bye. Then Jackson—one of the most charismatic, controversial stars of our era—walked offstage, perhaps for the last time. After playing to more people (4.4 million) and grossing more money ($125 million) in one world tour than any other performer in history, His Badness announced he would never tour again. The move caught many by surprise, since Jackson—a mystery man who seldom ventures out without a disguise—has never seemed at home in public anywhere *except* onstage. Then he further confounded critics by firing Frank Dileo, who had been his manager since 1984 and *(continued)*

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Safari is first-class in comfort and convenience. That's because this is no ordinary mini-van. It's from GMC Truck.

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GMC TRUC

It's not just a truck anymor

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MICHAEL JACKSON
continued

man credited with launching Jack- to superstardom.

ike everything the offbeat enter- er does, his unexpected announce- nts raised questions. Why was he ning his back on live performing dropping the man he had regarded one of his closest allies? Was he g to sink further into his strange ate world? And what will come t for the most ridiculed, talented wman of the eighties?

n twenty years of superstardom, hael Jackson has redefined his im- as often as he has reportedly nged the shape of his face. Once the ubescent boy wonder of the Jack- Five, today Michael is an androgy- s, enigmatic man-child. Having re- ly turned thirty, he may well have en a look at the man in the mirror

warm reviews and bad press about Jackson's eccentric lifestyle. Even after they picked up dramatically later on, things didn't always go smoothly. In Liverpool, England, outside a concert attended by 125,000 fans—the largest ever in Europe—several hundred people were injured trying to push into the stadium.

To make matters worse, he was dogged by questions about his bizarre personal life—rumors that he slept in an oxygen tank to stay young; that he allegedly had had his skin bleached, his lips thinned, his cheeks and his eyes redone; and that his closest friend and constant traveling companion is a chimpanzee named Bubbles. Michael Jackson wasn't *Bad*, declared magazines from the United States to Australia, he was just plain weird.

The release last year of his autobiography, *Moonwalk*, edited by Jackie Onassis, gave Jackson the perfect op-

an Jackson make it in movies? "He'll never a Shakespearean actor," says one critic, ut he'll sell more tickets than Rambo."

paraphrase one of his hits) and de- d it's time to make another change is life.

s speculation swirled, Dileo mini- ed the importance of Michael's de- on to quit the concert trail. The ved One was simply exhausted, his nager said, and wants to concen- e on other projects. After the gruel- sixteen-month *Bad* world tour— n concerts in 123 cities spread over continents—the already frail per- ner had lost ten pounds, and his ves were frazzled. Toward the end ne tour, Jackson had been forced to cel a number of concerts because of ined vocal cords.

We're not saying he's never going perform live again," Dileo said at time of the announcement, "but accomplished everything he want- o with touring. What are we going lo next time? Play for two years? t would kill *me*."

With his touring over, Jackson was ected to take several months to rest recuperate at his Encino estate the $28 million, twenty-seven- ndred-acre ranch he recently bought California's Santa Ynez Valley. Af- all, it hasn't been an easy year. nough he was the highest-grossing ertainer in show business in 1988— made an estimated $60 million— erever he went, paparazzi and prob- followed. Early in the tour, ticket s slumped in Australia amid luke-

portunity to put some of the rumors to rest. Instead, the singer tiptoed around the specifics of his controversial personal life, never even addressing the perennial mystery of whether he is straight, gay or asexual. The only thing Jackson *did* admit, in an unusual bit of candor, was: "I believe I'm one of the loneliest people in the world."

And perhaps one of the most misunderstood. For all that is written about him, it's rarely mentioned that he gives millions to charities, including the United Negro College Fund and Child Help USA (an organization for abused children). Or that he almost single-handedly pioneered the field of music videos in the early 1980s. Or that *Bad* produced more number-one singles—five—than any other album, and sold more copies (20 million) than any other except Jackson's 1982 megahit, *Thriller*. Michael Jackson may be dismissed by some critics and those who are hopelessly hip (*Rolling Stone* readers voted *Bad* the worst album of 1987), but his infectious dance music, his glitzy concert staging and—most of all—his skills in front of an audience have won him a devoted following throughout the world.

"He's one of the best live performers ever, and that alone has secured him a place as the biggest attraction in music history," says Jonathan Himoff, an editor of the music magazine *Spin*. "It's a shame he's giving *(continued)*



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Let's get it together... buckle up.

GMC TRUCK

It's not just a truck anymore.



■ MICHAEL JACKSON
continued

up touring, but clearly he's a troubled person, and this move may be directed more at his personal goals than any of his career goals."

A case in point may be an incident that happened while Jackson was performing in Tokyo. Tired of being poked fun at by the press, Michael sat down in his hotel room and jotted off an angry two-page letter to *People* magazine. "Most people don't know me, that is why they write such things, most of which are not true. . . I cry very often, because it hurts. . . Have mercy, for I've been bleeding a long time now."

More problems

Things soon went from *Bad* to worse. A former legal secretary began harassing Jackson, claiming to be his wife, Billie Jean (the same name as the hit single from *Thriller*), and saying Jackson had fathered her six-year-old twins. (Two days before the singer's farewell concert, the woman was found guilty of eight misdemeanor charges, including violating a court order to stay off Jackson's property.)

Plagued by problems, Jackson couldn't even turn to his family or his religion for support. Michael has dropped out of Jehovah's Witnesses over conflicts about sex and violence in his videos. He no longer speaks to his father and sees his mother only when she flies out to meet him on tour. Although he remains close to his singing sisters, LaToya—who recently raised ire when she posed topless in *Playboy*—and Janet, Michael has said he will never again tour with his brothers. Jackson was even absent from his brothers' upcoming album, *2300 Jackson Street*, which introduces the world to a new generation of Jacksons—fourteen of Michael's nieces and nephews sing backup on the album.

With all the squabbling and public criticism, some have speculated that Jackson's decision to stop touring has as much to do with his attempt to drop out of sight as it does with career changes. But if that's the case, he sure is popping up a lot in public. Within weeks of his Los Angeles concert, he visited the Stockton, California, school where a gunman killed five students last January. The next day, he held an unusually public power lunch with Lionel Richie and Golden Nugget Casino owner Steve Wynn in the trendy L.A. restaurant Ma Maison.

Dileo, for one, insisted that Jackson was quitting the stage not to becor recluse but simply to concentrate films. (In fact, some speculate that is why Dileo was canned; the for record-company executive has little perience with movies.) It's been ele years since Jackson performed in only theatrical movie role—garne mixed reviews opposite his friend ana Ross in *The Wiz*—and Dileo been looking for another musical his client. "We have stacks of scr and proposals," he said after J son's last concert. "We'll sort thro them and see what's right for Micha . No easy task. With his offbeat im and androgynous features, Jack isn't exactly your leading-man t Even producer David Geffen—a fr of Jackson's—was unable to find a ject to capitalize on the singer's un al talents when Geffen was retaine Dileo several years ago.

"I think it will take a special p ect," Geffen says. "I don't think y cast him as a dramatic actor or you could have believably cast hir *Coming to America*. It would hav be something created just for him."

One possibility is a science fict fantasy movie, since the enterta has already worked the genre with shorter movies and videos. From seventeen-minute film, *Captain EO*



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adventure on permanent display Disneyland and Disney World—to new ninety-four-minute video, *nwalker*, Michael's movies are of- as surreal as his life. *Moonwalker*, ch recently replaced *ET* as the big- -selling video ever, is a $60 million avaganza that includes a seg- t with animated clay figures. ther animated segment, *Leave Me ne*, makes fun of the tacky tabloid llines about his life with pals Liz Bubbles and his $1 million bid to the remains of John Merrick, the ous Elephant Man, from the Lon- Hospital Medical College.

ackson's whole life has been a fan- world, and his choice to go into ies may be a manifestation of ," says *Spin* magazine's Jonathan noff. "He'll never be a Shakespear- actor, but he's guaranteed to sell e tickets than Rambo."

Making the jump

tson has surrounded himself with e of the shrewdest advisers in the ness. But a successful video does not m career make. "Hollywood is full of ten-hearted actors who tried to te the transition from television to ies," says *Good Morning America* c Joel Siegel. "The list of singers who have gone from records to films is even shorter. Talent in one area does not secure your success in another."

As he shifts his career to concentrate on films, it will be at least two years before Jackson records another studio album—and considering it took him five years to follow up *Thriller* with *Bad*, the wait could be much longer. In the meantime, the singer plans to release a double album of his greatest hits, complete with three new songs, this fall. When a new studio album does come out he may not be able to resist the temptation to tour again. Even the members of Jackson's family have their doubts. His brother Marlon has said: "Three or four years will pass, and he may get the urge to tour again."

For the time being, though, Jackson's emotional Los Angeles concert was his farewell. With a flashy stage production that made *The Phantom of the Opera* look like a high school play, Michael's finale was an event of epic proportions. It's little wonder that some of the biggest names in Hollywood showed up backstage.

Elizabeth Taylor was there, looking decidedly plump in a turquoise leather jacket and matching eyeshadow. Reclusive Marlon Brando also showed up (he was more lithe than Liz). Rob Lowe sat quietly drinking a beer, while John Ritter introduced his kids to Raquel Welch, Michael Landon and Donna Mills. Even that primate-about-town Bubbles was there, showing off his two young offspring to the line of buttoned-down record execs who were hoping for a minute of Jackson's attention.

But the star of the hour remained sequestered in his dressing room with his sisters and a handful of close aides. He would not show until seconds before the performance was to begin, when the backstage area was cleared of celebrities and hangers-on. Then—and only then—would Jackson emerge from his protected world to walk the twenty yards to the stage, surrounded by fifteen armed Los Angeles policemen.

When Jackson hit that stage he was home. No more guards, no more walls; just Michael, the band and sixteen thousand adoring fans. More than two hours of frenetic singing and dancing later, it was over. "Michael doesn't need to be onstage for people to continue to love what he does," says Bennie Collins, the production manager. "The music, the emotion and the dream will always be there. You know, they created a slogan for this tour: The magic is back. Well, let me tell you something, the magic *is* back, the magic is real and the magic *will* continue." ■

PARENTS' JOURNAL

By Mary Mohler and Margery D. Rosen

A GUIDE TO CHILD REARING IN THE EIGHTIES

The First Grandson



He's a regular guy who likes sports and medium to heavy-metal rock. But unlike a lot of thirteen-year-olds, the Bush they call George P.—to distinguish him from his famous relative, George H.—has logged a few hours at the White House. That's how it goes when you're the eldest son of Jeb and Columba Bush—and the President's senior grandkid.

What's it like being the President's grandson?
Weird, because I'm not used to being the center of attention or having people asking me "Do you want a drink or something?" all the time. It's kind of frustrating, because I like to do things for myself.

Last Christmas, you and your father visited Armenia and delivered toys to children who were left homeless by the earthquake. What impressed you most about the children?
My dad and I went to a hospital. It had three floors full of kids who had been crushed by the ruins. Not only were they badly hurt, but most of them had lost their parents. It was amazing to see that despite everything they were actually happy and thanking us for coming.

What did you learn from the experience?
That the world comes together when tragedies like that happen.

You appeared on TV with your grandfather at the convention, and you have made a couple of speeches on your own since then. Do you think you might go into politics some day?
Oh, yeah. I just got elected vice-president at my school, and I'm thinking of running for president next year. But about my future political career, I thought of going to college as a business major and then going into business. If I was successful, I'd run for Congress.

What would you tell a kid who's thinking of dropping out of school?
I'd tell him that when he goes to look for a job, the first thing they're going to ask him for is his high school or college diploma. He'll need one in order to get a job.—KRISTINA BONILLA

Keep your car free from clutter when traveling, by hanging a shoebag from the back of the front seat. Store small toys, crayons, snacks and other items in the pockets.
—Suzan Wiener
Spring Hill, FL

ONE MOTHER'S STORY

The Collector

By Susan Katz

The words I least like to hear these days (right up there with *You are subject to a tax audit* or *This will require root-canal work*) are "Hey, Mom, I'm starting another collection!"

In his short lifetime, nine-year-old Demian has collected toy cars, different brands of crayons, bottle caps, golf balls, the ends of Scotch tape rolls, astronomy books, seashells, ALF stickers, baseball cards, model dinosaurs and dandelion stems—to name a few.

I've wrenched my back trying to relocate his rock collection and spent half an afternoon scraping his collection of this-melon-is-ripe labels off the refrigerator door. And today I spent a third of the morning tracking down escapees from his cocoon collection, a few of which are probably now flying around the house laying moth eggs in the seams of my best coat. And when I finally sat down to work, I found his stamp collection strewn across my typewriter. I removed it as carefully as I could, but to no avail; when he came home from school, he took one look at my handiwork and shrieked, "Mom, you mixed Mauritius with Mauritania, and I had them all in order!"



If I dared to point out that his order interfered with my order, he would inform me that he has run out of space in his room. I can't argue with that.

I could suggest that he start a collection outside the *(continued)*

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Still, a baby with a stimulating y can find out a lot about e world. So with toys like ese, there's no end to the arning. And the fun.



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how would you handle it?

■ **Your youngest wants to play with her big brother or sister, but big brother or sister has a friend over. Is it ever possible to keep everyone happy?**



Susan Smith



Judith Tschann



Laurie Brown-Nagin

What have you learned about yourself from your kids? We'd love to hear about your special moments. Your essay should be 500 words, typed, double-spaced. We will pay $250. Manuscripts cannot be acknowledged or returned.

Susan Smith, 29, Danville, IN, two children, 7 and 5

Both my kids know they can have private time with a playmate if they want. The one thing I never do, though, is close the door; that's just too much of a barrier. If I hear a fight starting, I separate them immediately and remind my youngest that next time, when his friend is over, he can play alone with him.

Judith Tschann, 39, Redlands, CA, two children, 7 and 2

Though I admit that when my son wants to do everything his big sister does, I think it's cute, I sometimes have to remind myself that the seven-year-old has a right to say no. But how I manage that depends on the activities going on. If my daughter is coloring, for instance, it's easy enough to get more paper and markers for the two-year-old. But if Katy is playing Chinese checkers with a friend, her baby brother can be disruptive, and I have to intervene.

Laurie Brown-Nagin, 35, New York City, two children, 6 and 1½

Since my younger daughter can't wait for her big sister to get off the school bus, I couldn't possibly cut them off right away. So I send everyone to the kitchen for a snack. I'll always ask my oldest if she and her friend want the baby in the room or not. If she says no, I involve the baby in something else, out of earshot of the big kids.

Be part of our panel and share your parenting expertise: Send your name, address, age, phone number and a brief description of your family (number and ages of kids) to Parents' Journal, LHJ, 100 Park Avenue, New York, NY 10017. We'll keep the information on file and call a few of you each month with a question.

ONE MOTHER'S STORY

(continued) house, but he's already done that. His insect-egg-case collection, his bottle collection and his pieces-of-wood-that-might-be-good-to-build-something-with collection are already in the garage.

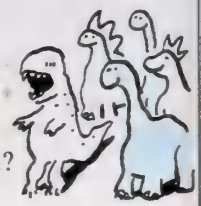
Why don't I put my foot down? I suppose that I keep remembering how the poet e.e. cummings eulogized his father: as the kind of man who shrugged at the bare patches his boys wore in the front lawn and said he was raising children, not grass. Something along the same lines must apply to well-loved weeds and sagging cardboard boxes filled with all those muddy soda bottles.



The child himself justifies his obsession by claiming he learns a lot from collecting things. If it weren't for his model dinosaur collection, he's told me, he would never know a pachycephalosaurus from a hypsilophodon. If it weren't for his coin collection, he would never even have heard the word *pfennig*.

"And what about your lollipop-wrapper collection?" I asked him in a now-I've-got-you voice.

"That's a sticky one." He grinned; then, turning thoughtful, added, "You know why I like collecting so much? 'Cause in my astronomy book it says the earth and everything on it was formed by bits of exploding stars. How can I not hang onto things when they're all made of stardust?"



So I go on pawing through the mud to help him find unusual specimens of rock or insects. Because in all those odd remnants of life on earth, he's found some glow of the eternal, something that helps his spirit grow. It's because I don't want him ever to forget that we are all made of stars.

hy My Mom Needs Surf.



Michael DeNota, Carmel, N.Y.



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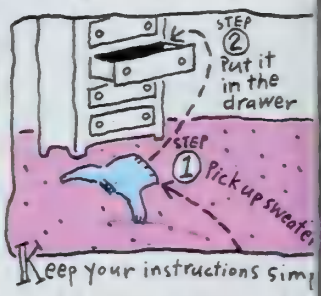
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10 strategie for getting kids to mind

You've tried every ploy and the toys are still scattered across t floor, getting ready for bed is a nightmare, and you just can't believe your own child could talk to you like that. We know t feeling. And to help, we asked Illinois-based child psychologist Willard L. Johnson, Ph.D., and his colleague, speech pathologis Russell E. Hedge, M.A., for some advice that works. Really.

1 Arrange and look for good behavior to reward. Too many kids quickly acquire a reputation for being "just little brat" or "stubborn as a mule."

What to do: Children will learn to act the way they are expected to act, so try to arrange opportunities for your chil to succeed at behaving. Set up artificial situations that in effect *trick* the children into behaving. For example, send them to get spoons so they can have some ice cream, then praise them when they come back with the spoons. Remember, children who believe they are in trouble regardless of how they behave feel they have nothing to lose acting up.



2 Be sure to get the child's attention before givin repeating a command.

Every parent knows that kids are notorious for *selective hea* They appear deaf when told to do things that interfere with t current activity but miraculously recover when anything fun mentioned. What to do: Avoid giving commands when they a intent on an activity. Rather, interrupt by calling the child's n If she does not look at you, go over to her and repeat her n Only when the child is looking at you should you give instruc

3 Give a child directives, not open-ended questio

In an effort to be democratic, many well-intentioned pare fall into this trap without ever realizing it. The question "Sha pick up our toys now?" invites a no. Instead, try saying, "It' to pick up your toys." Also avoid putting the word "okay" af directive. It's as problematic as a question.

4 Use words and sentences appropriate to the ch age and level of understanding.



Even when children are fc with the words you use, r times they haven't develo adult's capacity for understanding complex sentences or for remembe instructions with several p And when children are an or upset, their skills in the

: temporarily get worse.
to do: Simplify your
ıands as much as possible.
words such as *take . . . put*
show me . . . and make
your child knows to which
t you are referring.


The appropriate stance

se a firm, authoritative
ice and body language.
ers seem to have more problems in the areas of voice quality
ody posture than fathers. Most female voices are higher
ed than men's, and many women tend to assume less
ritative postures. What to do: Approach the child with an
ession that means business, then use the deepest, firmest
you can muster. Speak calmly and with confidence. Don't
nto the habit of coaxing, begging or yelling.

ive your directive once—then if necessary put your
and gently on the child's hand and physically make
do what you say.
en quickly learn that talk is cheap. It's easy for kids to resist
what is wanted when the only consequence is to hear the
ction repeated. What to do: Say the instruction once only. If
loesn't work—for example, it's time to get dressed and your
ıter is still coloring—walk over, take her hand and gently
putting on her coat.

nore the child's attempts to manipulate you.
e've all been there: A mother tells her son to pick up his
"You're not my boss!" Mom stops in her tracks, "I am too,
g man." And the next few minutes are spent sorting out *that*
em—while the toys remain scattered on the floor.
ppose your child, when asked to clean up, starts to throw his toys around the room, making an even bigger mess; your response should be to position yourself in such a way that he can't. In other cases, children's game playing can simply be ignored. This especially applies to verbal behavior, such as name-calling.



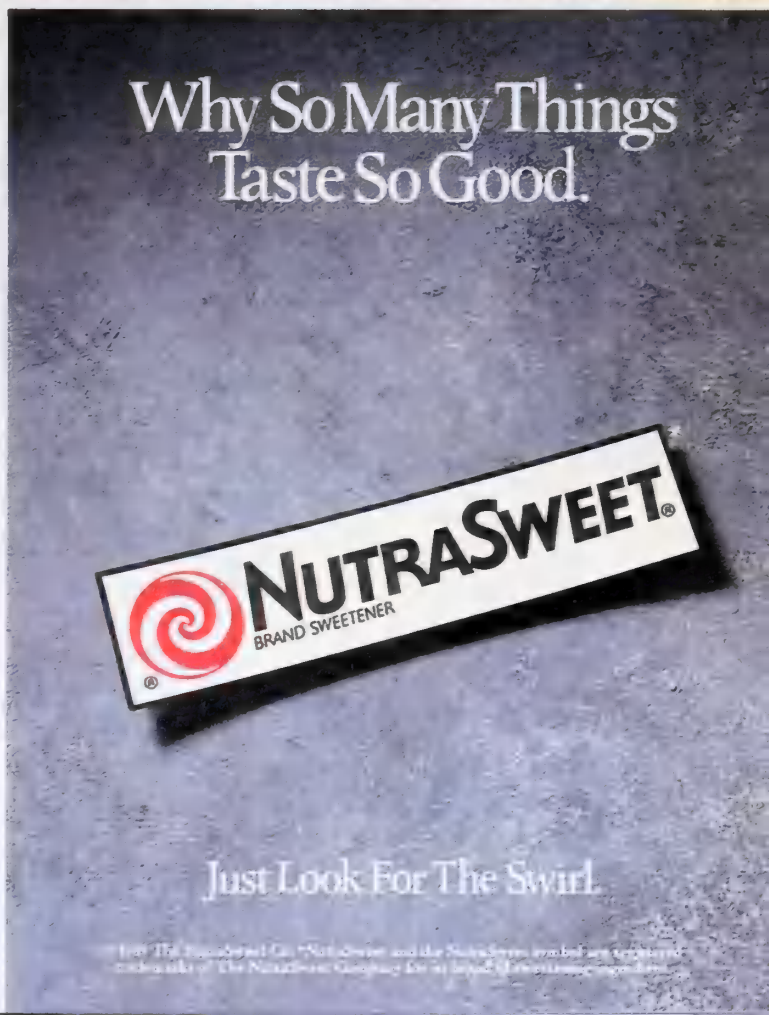
reason fails, gently guide the child's hand

8 Reward appropriate behavior only.
ad who physically struggles with his son for five minutes to
him pick up the marbles dumped on the floor and under the
ure should not say, "There, that's a good boy; now you can
that ice-cream snack."

e consistent.
you tell your child not to leave the yard and she steps on
dewalk and stops, you must decide if that is acceptable as
of the yard or not. Don't allow her to go on the sidewalk one
when you're in a good mood and then later decide she really
stop at the edge of the grass.

Don't be afraid to make parental decisions.
Parents must have confidence in their ability to make
ons for their children and to exercise their right to make
decisions. Remind yourself: Children ask, parents tell. Kids
lots of things that aren't necessarily good for them. To turn
the decision-making role to preschool or elementary school-
children is to assume that children with little or no life
ience have the knowledge to be adults. It just ain't so.





short story

Kindness



Feeling cheated by life, a lonely woman tries to feed her secret hunger. A truly unforgettable story by the award-winning author

By Joyce Carol Oates

In the country she was known as the Senator's wife. Of course they had not been married for years, but these wisps of identity still clung. It was not Mrs. Freymuth who wished it—hardly. It was others, observing.

The country was lower Bucks County, Pennsylvania, west of Tylersville, where they'd bought a handsome old stone house and forty acres of farmland in the early years of their marriage. This property, its worth enormously increased, her husband had settled upon her at the time of the divorce. With his new young wife and new young family, he would acquire another country house in the Poconos.

In youthful middle age, Mrs. Freymuth had become a woman whom people had outgrown. This thought had imprinted itself in her brain.

Still, she took pains to dress in the old way. People expected it of her and it was easier. Good serviceable country tweeds and woolens, leather boots, a silk scarf about her throat. It was a habit, as in the days when she and her husband had been photographed frequently, often without warning.

Mr. Freymuth had been an idealist in politics, and things had not worked out for him. He'd been defeated for a second term, and he'd returned to private law practice in Philadelphia. For a while his passion had been the farm: He'd owned Standardbred horses, he'd become involved with harness racing. Mrs. Freymuth loved the horses for their beauty, but she came quickly to dread the racetrack—the races where even winning seemed to her a kind of losing, everyone so strained, on the edge of hysteria, poised between gaiety and disaster. She'd learned to gamble and had frightened herself by liking it so, seeing that it brought out the worst in her, something reckless and showy, very feminine, inviting injury.

But all that was finished. She was another person now.

In Tylersville she made the rounds, late Friday afternoon, of the old stores. She smiled happily at greetings, seeming not to mind in the slightest when people asked, as invariably they did, "How is the Senator?" "Fine, fine," she always said, "so far as I know." It was only a ritual, after all.

Grocery store, dry goods, *(continued)*

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I got a letter from Julie today and read it three times

over a warm cup of Orange Cappuccino.

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KINDNESS
continued

hardware, drugstore. She was in the drugstore now, staring at the counter heaped with merchandise. A new feature had been added, women's quality toiletries, cosmetics. One of the leading American brands, in fact, and quite expensive. She stood, deliberating, a woman of moderate height, handsome, dark-haired, slender in a beige tweed jacket, a black wool skirt with deep pockets, an apricot-colored scarf.

There was talk of the weather, the weekend, tourists in the area, every inn on the Delaware River booked for weeks in advance. "Thirty years ago, who would have believed it?" It was Mr. Waldron, the pharmacist. Mrs. Freymuth murmured politely in response. She was deliberating on toothpaste, a new toothbrush, Air-Wick for the downstairs bathroom where there was an unsettling smell of drains, age, time. How many times she'd come to Waldron's drugs, those years with her son, her little boy then, little Wally for whom a five-mile drive to Tylersville had constituted an adventure. The drugstore had a lunch counter, a row of stools facing an enormous mirror in which, seated, she and Wally might contemplate their reflection. For years, a running joke—"D'you see a monkey? D'you know where there's a monkey?" Wally had squealed so with pleasure.

The lunch counter still remained, but the big mirror had been gone for years. The pharmacist's daughter worked behind the counter, girl now faded into woman, whose name she could never remember. Mary Ann. Mary Kay.

"Yes," Mrs. Freymuth was saying in reply to a question of Mr. Waldron's, "Ellie Packer is helping out, I don't know what I'd do without her."

Mr. Waldron said, "And the McIntyre boy and his friends, they're doing the windows?—must be a big job."

Mrs. Freymuth thought, You know everything, don't you, but she said, "Oh, yes." She'd been thinking of the house as empty, but in fact the boys were there, washing windows, clearing away spiderwebs, last year's leaves.

The college boys were murmurous, respectful of her presence. Her son, Wally, a few years older than these boys, was self-conscious, too, in her presence, polite, rather stiff. They'd grown estranged. She understood it was his wife, the pretty, young, career-minded girl who had an eye for the Senator, currying favor where favor might yield profit. Mrs. Freymuth smiled when they met, the two of them making light graceful pecking motions at each other's cheeks.

Two hunters, not young, big-bellie orange fluorescent vests and jaunty came into the drugstore. There was of white-tailed deer, how the shoc had gone. Mrs. Freymuth turned a not listening. She hated hunters, hated all of that: the deer carcasses s over the fenders of cars, tied to roofs. husband hadn't hunted, but he ha lowed hunters on their property they'd quarreled about it for years: herds have to be thinned," he said. deer population is getting out of ha he said, and though Mrs. Freyr knew he was right or had in any cas weight of logic on his side, she thoug barbarous. "Did you know," she'd as "white-tailed deer spend most of lives in the same place? They stay to where they're born. So when the w are razed, when houses are built . . .

She was laying things on counter, a tube of toothpaste, the Wick, thumbtacks. Mr. Wal stared, fumbled as he rang up the What was wrong? Confused and fi faced he asked her, "Is that all? you want?" and she said yes, an stood staring into the cash-reg drawer, as if not knowing how to c out her change, stymied by the dollar bill.

"That's the smallest I (contin



The Collector's Treasury of Eggs. 16" high glass and brass display included.



KINDNESS
continued

have, I'm sorry," she said. Her heart was beating.

He's ill, she thought. Or there is some problem in his life he has suddenly remembered. I don't want to know. Her old instinct of quick sympathy had often betrayed her.

She left. In the parking lot she stood looking at her car as if unable to remember it. Why had she parked at so eccentric an angle, against the direction of the painted lines? What came to mind was the white-tailed deer her husband had hit one night when they were returning late from a party. They'd both been drinking, and Freymuth hadn't been able to brake in time and the front of the car was smashed like an accordion, the deer, a doe, killed on impact, sent flying into a ditch. So quickly, such terror. For a long time then they had held each other. She wept against his chest, and he too was deeply shaken, repentant, though what could he have done, under the circumstances, what could anyone have done?

It had not been that night but another night. When he'd told her. In the kitchen, in the lovely old stone house, where they had so many meals together. She hadn't been prepared. Somehow he'd thought she would be. (But why, why had he thought she would be? Afterward, that was the riddle. *That*, the outrageous riddle.)

—"Mrs. Freymuth?"

It was the pharmacist's daughter. She'd come running, out of breath, excited. Mrs. Freymuth smiled nervously but the woman was not smiling. She seemed embarrassed, agitated. "I—I'd like to check your purchases, if I could, Mrs. Freymuth—"

"What do you mean?"

"The things you just bought."

"But what do you mean?" Mrs. Freymuth's hands were trembling, holding out the bag for the woman to inspect. Mary Kay was her name. She did no more than glance into the bag. She was stammering, her eyes damply bright behind her plastic-rimmed glasses, "I think maybe—I mean, could I—could you check your pockets too?—your skirt—" "My pockets?" she said. "What on earth do you mean?" She'd stepped back, but the woman dared to follow, dared to actually touch her—to reach fumbling into her pockets. Drawing out glossy pink packages, hand lotion, matte makeup, moisturizer, sunscreen. "You forgot to pay for these, Mrs. Freymuth," Mary Kay Waldron said.

Mrs. Freymuth stared at these it if she had never seen them before. I moment before she could speak. Sh faintly, "I didn't know they were Then: "Yes, I did forget. I'm sorry."

So it transpired, right there parking lot.

In victory, Mary Kay Waldro agitated, as nervous as Mrs. muth, calculating aloud how mu "extra purchases" would cor while Mrs. Freymuth murmure was sorry, she didn't know—me pay at the counter . . . She bit l to prevent crying. She was trer visibly. A car turned into the p lot, passing. Mary Kay Waldro saying, "—will be thirty-eight and fifteen cents. I mean, thirty forty-five. With tax. Please."

She was being gracious. She v ing very kind, lowering her e Mrs. Freymuth groped insic purse, hunted out her wallet, no further word except "Thanks

It was nearly dusk. The ra held off and the sky was clear. I home, Mrs. Freymuth gripp steering wheel. The familia seemed new to her. Her house s to rise out of the grassy earth been the one to discover *(con*

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(continued) it, of course, see its possibilities. Her husband hadn't time for such things, such details of the private life. How beautiful, he'd said, first seeing it. He'd said, more than once, I see the world through you, you give me the world.

She furnished the house, too, of course. Period furniture, Oriental porcelain, things from their families, rugs made to order in Lisbon. He hadn't contested her lawyer's claims, he'd been gentlemanly and remote. The only way to make the break, she supposed.

How much I owe to you, he'd told her, weeping, that night in the kitchen. I can't begin to say.

She saw a strange car, a van, in the driveway: the boys who are cleaning the windows. She'd forgotten them. I can't face them, she thought. The wild hope came to her they hadn't seen her car come up the drive, she could back around, go out again . . . There had been incidents, a gift shop in Sarasota, Florida, a Saks shopping mall outside Philadelphia, a store detective leading her briskly to the rear, his hand gripping her elbow intimate as an escort, a lover, a husband of many years. Will you come with me, please, we'd like to examine your shopping bag.

There had been incidents, a shop in Sarasota, a Saks shopping mall, a store detective leading her briskly to the rear . . .

She was Aileen Freymuth, Senator Freymuth's wife, the former wife, acting out of confusion, distraction, once or twice following luncheons and several ill-advised drinks. Excuses might be made, but she felt the deep shame of it, of being known. Yet a deeper shame for those occasions when she hadn't been known. Escaping undetected like any thief. I will never do it again. I will die if I do it again.

"Mrs. Freymuth—"

It was the McIntyre boy. He stood in the kitchen, smiling. He was telling her they'd finished. "Oh, yes," she said. "You'd like to be paid." It was a remark meant lightly, yet somehow it came out awkwardly. The boy laughed, embarrassed, and said, "Yah, I guess—if it's okay. If you think we did the job okay."

She asked what she owed, though she supposed she must know, he'd given her the estimate. Thinking, he will tell everyone about me too. They will be talking about me everywhere here. I will have to move away forever. She found her checkbook in her purse. Wrote out the check, forgot to add on a tip, wrote out another. She'd give the boys a large tip, she owed them that kindness at least. They were fine boys.

"Thank you, Mrs. Freymuth," he said, staring at the check, so much more than he'd expected.

After they drove off, Mrs. Freymuth walked through the rooms. Startling, the new clearness of the windows. She'd become accustomed to a layer of grime without knowing. The long fieldstone fireplace, the rugs that needed cleaning, perhaps, and the drapes. But she was too tired, her arms leaden.

Upstairs, in her bathroom, she ran cold water and washed her face. She saw she had been crying.

The French had a name for it: *la main étrangère*. The hand that acts without our knowing, against our best interests. But she knew, of course. Most of the time. The sharp delight of the brightly packaged item, the special treat to herself that no one else could give, the present she deserved since the world had cheated her, the thing she would take since she had not been given it freely—ah, she knew!

The first time, years ago, shortly before she'd taken an apartment for herself, she'd been in a food store in her neighborhood, a store in which she was known, and it happened as if in a dream . . . a small jar of Russian caviar slipped into her purse, a bar of bittersweet chocolate . . . and no one had seen. Mrs. Freymuth herself seemed not to have seen. Afterward, greatly upset, she'd thrown the things away. As if by this measure her innocence might be restored.

But it had happened again, of course. *La main étrangère.*

She examined herself in the mirror. The wide-set gray eyes, the thinning cheeks, the lines bracketing the mouth. She was fifty-three years old, and did not know, really, what that meant. Was she old? Still young?

I will never do it again, she thought. Never risk so much again.

She went downstairs, switching on lights. The wind had come up. She thought of Mary Kay Waldron, her unexpected kindness. She might write the Waldrons a note—a simple apology. In the kitchen she ate a meal of cold ham and Cheddar cheese and crusty French bread, the kind her husband had so liked. She drank a single glass of white wine, slowly. Her husband didn't know. He would have been deeply shocked, frightened for her. Nor did Wally know. "How could you, Mother! Risk so much for so little!"

She would sell this house she'd loved and move away. Her brain was awash with too many thoughts. She must change her life. She saw that now. She must not be alone so much, it would destroy her.

She laid out the remnants of the bread, some apples, a scattering of birdseed on the rear terrace, waiting in the darkened house as, by moonlight, the deer came—emerging cautiously out of the woods, raising and lowering their heads, muscles poised for flight. When they'd first come here, she and her husband would watch the deer, then it was she and Wally who had watched, rapt and motionless. At the slightest movement the deer would flee into the woods. Why, she'd wondered, had nature evolved them so, their white-bottomed tails so conspicuously erect in flight? Inviting the attention of predators, even as, in panic, they fled?

She counted eight does, three young ones. No stag—you rarely saw stags in these little semidomesticated herds. They ate the things she'd set out for them quickly, as they always did, moving about as if not recognizing the terrace as a place of human habitation and danger. The muscles of her heart relaxed. She smiled. There is a timelessness after all. She knew herself blessed and capable of blessing. The wind, the tall trees, the calm mad moon glowing like bone, the deer that would come even in the threat of a storm, guarded, shy, persistent, brave. To what feats, Mrs. Freymuth was thinking, hunger urges us. ■

Joyce Carol Oates's latest novel, "American Appetites," was published by E. P. Dutton. She is a lecturer in creative writing at Princeton University. She lives in Princeton with her husband.

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WHAT'S HOT

John Goodman



Roseanne's main squeeze

He's TV's most huggable hubby. Is he just as adorable off the screen?
By Eric Sherman

Trying to get John Goodman to sit through an interview without cracking a joke is a little like asking Walter Cronkite to break dance: You know he can do it if he absolutely has to—but it's going to hurt.

As he nurses a Perrier in his Manhattan hotel, Roseanne Barr's roly-poly TV husband is a study in boyish enthusiasm. Without warning, he may jump up from his seat to do impersonations of old movie stars (and starlets), make animal sounds or give his publicist a high-five. He's fun, he's mischievous, he's weirdly charming. This is the kind of guy who was sent to the principal's office so often as a kid that all the secretaries knew his name . . . and baked him cookies. In short, he *is* Dan Conner—his lovable, incorrigible character on *Roseanne*—only less disheveled and with a better haircut.

Yet for all his jokes, there's a serious side to John Goodman, an intelligent, introspective man who seems ill at ease with his newfound celebrity. If the incredible popularity of the hit television show *Roseanne* has made its outspoken star an overnight sensation, it has also helped push John Goodman into the limelight—whether he likes it or not.

"All this fame stuff makes me feel uncomfortable," he says. "I can't really whine about it, but it's not me. I'm just an old brown shoe—just an ordinary guy. I don't want people opening car doors for me or carrying my bags because I'm on some silly television show."

That "silly television show"—an unabashed celebration of a blue-collar family with unmade beds and unpaid bills—is one of the most phenomenal success stories in recent television history. But behind the scenes, meanwhile, things have sometimes gotten as messy as Roseanne's living room. Rumor has it that Barr can be moody and difficult, and earlier this year the show's creator and co-executive producer, Matt Williams, resigned, citing creative differences with the determined star. Was the set of *Roseanne* as tense as the rumors implied?

"To be honest, I really *(continued on page 140)*



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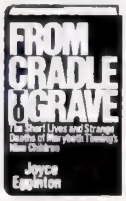
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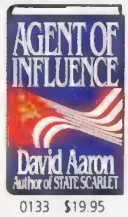
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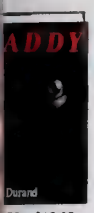
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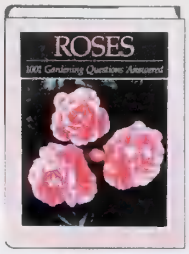
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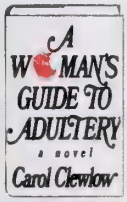
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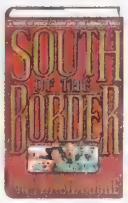
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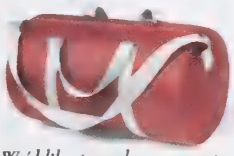
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WHAT'S HOT

John Goodman

(continued from page 136) don't know," Goodman says. "If there was trouble, I divorced myself from it and buried my head in the sand because I didn't want to know. I just ostriched out."

Tension or no, Goodman declares that he and Barr get along perfectly. "We're always telling jokes," he says, "fooling around like a couple of naughty schoolkids. She makes me laugh so damn much."

Goodman leans back in his chair and puts his hands behind his head. "Rosie and I are so different," he adds. "She's more of a visionary than I am; I'm a worker ant. And I respect her because of her strong viewpoints. She speaks her mind, whereas I sidestep issues, tap-dance around things. I admire the hell out of her for that. I hope I learn some of it from her."

It is a surprisingly diffident statement from TV's newest—and perhaps most unexpected—sex symbol. One Sunday supplement voted the six-two, 270-pound Goodman the sexiest man alive—only half in jest. And Sally Field, his co-star in the movie *Punchline*, called him "a great big sexy man with the soul of a puppy." All of which makes John Goodman just a little uncomfortable. "I don't really like that jazz," the thirty-six-year-old actor says. "Yeah, right, I'm a sex symbol. What a hunk."

Goodman says he hasn't had a steady relationship in more than ten years, though recently he's been photographed around Los Angeles with several attractive young actresses. When asked if he's seeing anyone steadily at the moment, Goodman blushes like a teenager on his first date. "Not really," he says, and then, after some prodding, adds, "Well, okay, there *is* someone, but we're not engaged or anything like that."

Is it true he gets dozens of letters from women proposing marriage? "Yeah, lonely women," he says quietly. "It's depressing. I feel sorry for them. It makes me think, Jeeez, I'm only doing a television show. Besides, I'm not very comfortable with my self-image. I'm not all that happy with the way I look."



On the set, Goodman and Barr spend almost as much time joking around as rehearsing. "We're just like naughty schoolkids," he says

Unlike his character—who always looks like he just rolled out of bed and threw on whatever came to hand—Goodman is clean-cut and even preppy-looking: Today, he's wearing tortoise-shell glasses, a polo shirt with upturned collar and a pair of Levi's. He looks thinner than he does on television, but he still has a way to go before anyone would even consider calling him svelte. For the affable actor, the last ten years have been a constant, losing battle of the bulge. Once a high school lineman who had dreamed of a career in professional football, he was a trim, athletic 180 pounds. That was before, he says, "I found the miracle of beer."

Goodman doesn't know exactly how high his weight soared, since he hasn't gotten on a scale in years. He guesses it was more than 300 pounds, however, and it seemed to be increasing by the day. "I used to go on these horrendous crash diets, lose about sixty-five pounds, and put it all back on and more," he says. "It was a constant battle, and finally I got tired of fighting it. So I gave up. I haven't really felt good about myself in the ten years since I started putting on the weight."

"Roseanne always speaks her mind; I sidestep issues. I admire the hell out of her for her strong views."

Then, when he began shooting *Roseanne* last summer, Goodman decided enough was enough. Tired of barely having the energy to make it through the grueling production schedule, he made one more assault on his waistline. "That," he says, "and mid-life crisis was beginning to hit me on the head with a club." He began to diet again—this time eating sensibly and cutting out alcohol and red meat rather than starving himself—and walking 3.5 miles every day. He guesses he's lost about thirty pounds, and he feels better about himself than he has in a long time.

So far, *Roseanne*'s producers aren't worried Goodman will lose too much weight for his character. "John's such a wonderful actor, he could always pull off the role as a thin man," says executive producer Tom Werner. Even Goodman admits the producers can rest easy. "I don't think I'll ever make it down to where I was ten years ago," (continued)



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WHAT'S HOT *John Goodman*

(continued) he admits. "I just want to get down to human weight, so I don't have to shop in the fat guys' store anymore."

With that, John Goodman realizes he has been too serious for too long. It's time for a little humor—typically, at his own expense. "I'd like to work my way down to two chins, thank you." He laughs. "Then I'll have one of those liposuction deals with a canister vacuum." He puts on the baritone voice of an announcer on one of those commercials that come on TV at two A.M. "The home liposuction kit. Order before midnight tonight; operators are standing by."

If Goodman seems both a bit more self-effacing than his television character and a lot better educated (the actor reads voraciously, listing F. Scott Fitzgerald and Ernest Hemingway as his favorite authors), he's quick to point out there are other major differences as well. "I think I'm a lot luckier than Dan," Goodman says of his oft-jobless character, "but I think he's probably a lot happier than I am.

"He's got three kids and a great wife whom he really gets a kick out of," he says. "You can tell they were just made for each other. I'm doing all right plodding along the way I am, but it would sure be nice to find someone like that." He laughs and his eyes crinkle into little slits. "If I don't find someone soon, I'll wind up in a ratty old bathrobe in a Times Square hotel room reading *Variety* and smoking smelly cigars."



John had a Field day playing Sally's husband in the movie *Punchline*

Goodman may joke, but the St. Louis native has known his share of hard times. The second of three children, he grew up in relative poverty. After his father died when Goodman was two, his mother had to take a job as a drugstore clerk to make ends meet. The actor remains close to his seventy-year-old mother, who still lives in St. Louis and who he vows will never have to live in poverty again now that he's enjoying some success. Yes, he concludes, "I got her a job down at the riverfront loading concrete blocks onto boats." Pause. "It keeps her happy."

Always the class clown, Goodman became interested in comedy and acting as a youngster, doing impersonations of TV and movie characters (he does a mean Gomer Pyle) and impromptu stand-up skits to amuse his friends. "I had this need to always be the center of attention," he says. "Goofing off—and later acting—was my way of saying, 'Hey, everybody, look at me!' "

Goodman began performing in high school and later took up theater at Southwest Missouri State University. After graduation in 1975, he headed for New York to pursue a career in acting. Instead, he found more hard knocks and a tenement apartment (complete with bathtub in the kitchen) in New York's run-down Hell's Kitchen district. (He's still renting the place, which he's renovating; canny New Yorkers don't part easily with rent-stabilized apartments, even when Hollywood beckons.)

Between stints as a waiter, the young Goodman began to get parts in commercials and theater (including the Broadway musical *Big River*); ultimately, he made it to films: *True Stories* (playing a lonely guy desperate for a wife), *Raising Arizona* (as a maniacal prison escapee), *Punchline* (playing Sally Field's husband) and *Everybody's All-American* (as a has-been football player). This summer, he'll begin filming *Always*, the remake of the Spencer Tracy movie *A Guy Named Joe*, with Richard Dreyfuss and Holly Hunter.

He used to be a slim, athletic 180 pounds. Then something happened: "I found the miracle of beer."

So what are this big guy's big dreams? An Emmy? His own series? The kinds of film roles Robert Redford would beg for? Nah. "My goal is to buy a house and move back to St. Louis," he says. "I miss it desperately. I remember all the good things, like sitting around on a humid night in a lawn chair, listening to the crickets and catching a baseball game on the radio.

"Other than that, I'm just playing it by ear," Goodman says. "I've been getting by pretty well so far, and right now I don't have any big plans for the future. All I want to do is just keep working, working hard at anything that seems interesting." Then John Goodman flashes a final version of his huge, crinkly-eyed smile. "And some time off for good behavior would be nice." ■

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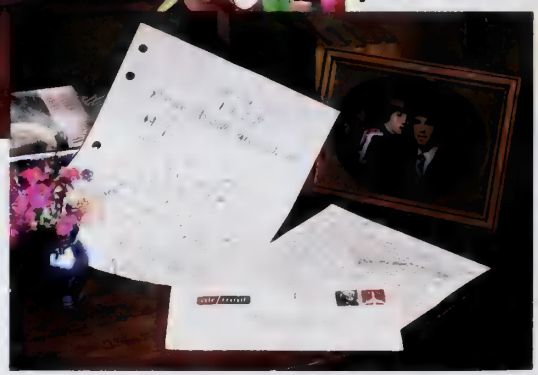


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Below, a portrait of Ned with his older brother, John, and a letter he sent to his parents

Mixed blessings

*"Father Mulcahy" of "M*A*S*H" and his real-life wife share with us the poignant story of their twenty-year struggle to raise an autistic child*

By William and Barbara Christopher

When the Christophers adopted Ned as an infant, they thought they knew what to expect, as they already had a two-year-old son, John. From the beginning, Ned was a very bright baby, and yet in some ways he did seem different. He hated cuddling and wouldn't reply when someone asked him his name. Still, it was easy to ignore such warning signs when he appeared to be so intelligent.

From Barbara's journal, 1971

At two-and-a-half, our son Ned had acquired a burning interest in flags. We were briefly residing in Canada, and no one flies more flags than the Canadians—national flags, provincial flags, visiting flags. Ned would exclaim at the sight of every flag, demanding to know its name. He didn't ask in words, or the kind of words we would have expected. He shouted out, "Flag!" in a piercing voice, and looked excited. Bill understood what he wanted and told him the names of the flags, hushing him when his exclamations grew too loud.

Back home in California, Ned discovered a new passion. He loved signs. The stop sign was his favorite. When he discovered *(continued on page 149)*

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Stephen Thompson
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Doll shown smaller than actual
size of 7½" in height sitting down.
Goebel
M.J.Hummel

MIXED BLESSINGS

continued from page 144

at "STOP" occurs in the middle of his st name, Christopher, he'd letter his me and draw an octagon around TOP." This drawing delighted him, d he did it over and over again. He uld run to the stop sign at the end of e street and circle round and round His brother and the other ls would try to join him. "Use rds, Ned," I would say when he shed them away.

And then there was hair. He loved ir. He loved to touch the part in my ir. He couldn't resist touching the ir of the little girls at the Christian ırsery School. That's what the letter d that was sent home to us:

'Ned is the smartest little boy we ve ever had in this school, but he is t relating to the other children ex- ot to put his hands in their hair, and metimes he even pulls it. We would e to have some professional advice. e're worried about Ned, and we ow you are, too."

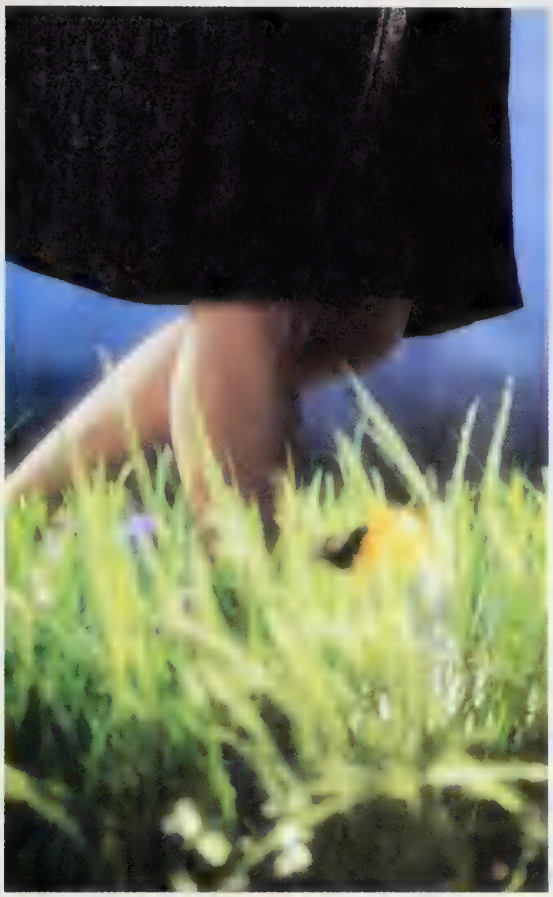
Feeling a little stunned, I got on the one to UCLA to track down a child ychologist. I'll never forget what the ctor said after briefly examining d: "Mrs. Christopher, your little boy retarded. School is just too much for n. I advise you to take him out at ce. Take him home and love him. ere is nothing else you can do."

couldn't believe what he was say- . I asked if he had ever met another ree-year-old who could name all the gs of the world.

I'm afraid he has been pushed," he swered. "And flags can have no true aning for him. It's just rote learning."

didn't continue to argue, but I ew that it was Ned who insisted t we teach him. And besides his erest in flags, there were lots of oth- things that Ned could do. He could me all the plants in our garden and d the traffic signs. At his school y thought he was very smart. I ed to forget what the doctor said. ybe he's just a little different from older brother, I thought.

Even though the Christophers knew ir son wasn't retarded, by the time was three and a half they could no ger ignore the fact that something s wrong. They took him to numerous tors for tests; their opinions ranged m "gifted in intelligence" to "mildly istic." Today, as evidenced by the cess of the recent hit film Rain Man, *which Dustin Hoffman plays an au- ic adult, general awareness of au- n is increasing. Back in the early enties, however, very little was wn about the disorder, and the dical establishment* *(continued)*



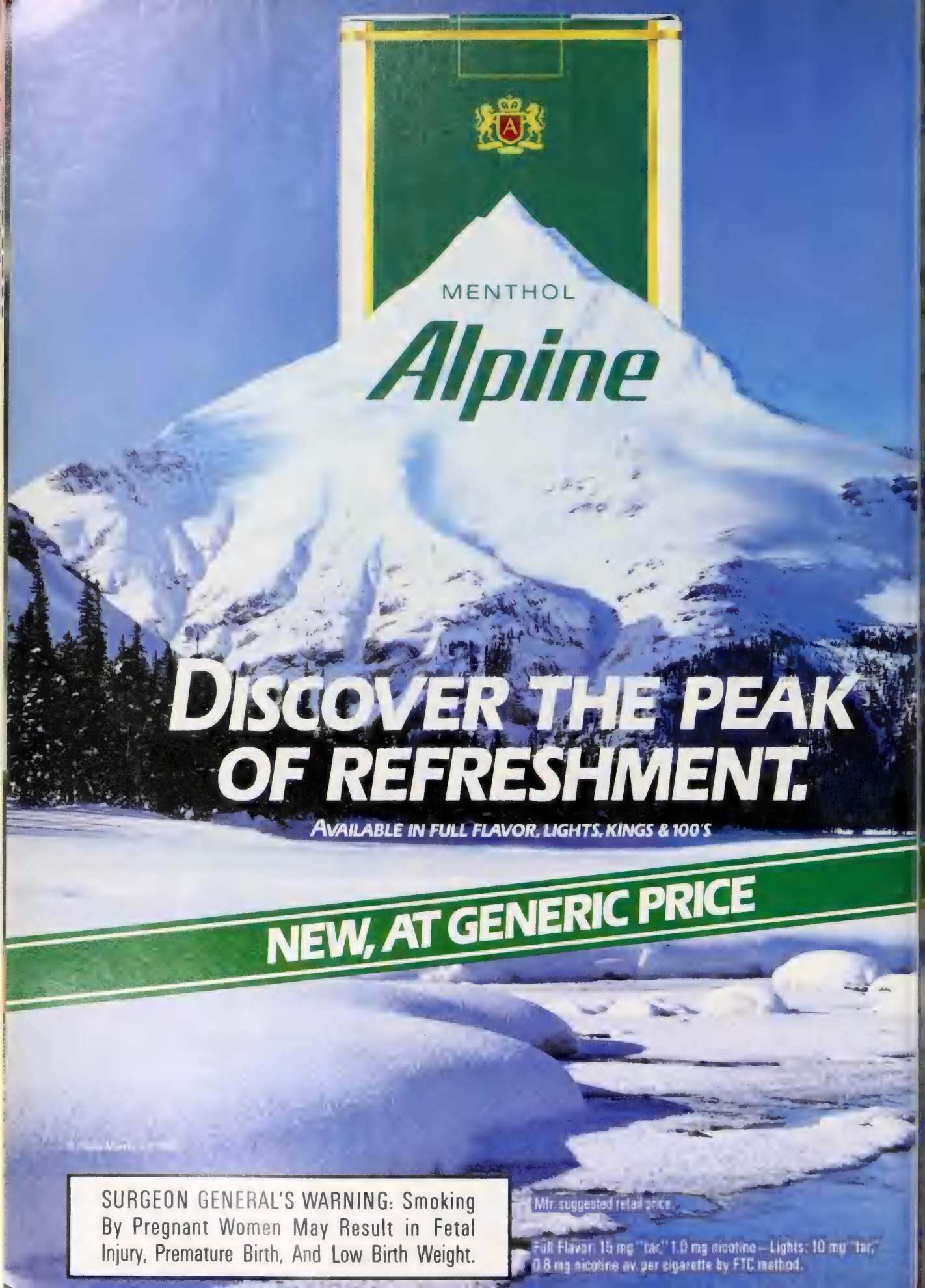
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MIXED BLESSINGS
continued

ll has no clear-cut answers. Ned was ıced in a special kindergarten for ɔse with communication disorders. t he continued to be disruptive, and in 1974, the six-year-old was en- lled at Dubnoff, a school for handi- ɔped children. There, he didn't get tter, but at least he did not get rse—until 1977.

arbara's journal, 1977

mmer arrived, and we rented a little use in Balboa, a beach resort south Los Angeles that had always been d's favorite place in the world. Sand kes and frozen bananas. The Fun ne, the ferry, the Ferris wheel. The n and the sea. Maybe a return to ch happy scenes would help Ned.

His behavior had become increasing- bizarre. One day we found him on e roof of our house. Often he'd dart vard the potted plants, intending to op them onto the bricks and watch em break. He was also shredding ves with great fury.

While Bill commuted from the beach the set of *M*A*S*H* each day, I did best to keep Ned amused. On a lk to buy a frozen banana, Ned ew himself down on the street and gan to lick the pavement. We had en invited to have dinner with my end Beth and her children. We sat the sand, and John played with the ıer kids. But Ned was lying in the nd, crying. When it was time to go in dinner, his brother, John, an- unced that he was going back to our tage. He did not want to stay for ıner. "Okay," I said, "here's the key d a dime for the ferry." Ned and I e and went home to see John. That's the matter?" I asked.

I couldn't stand it. All the other ls were playing, and my brother was ng in the sand crying."

understood. My heart was break- , too. If Balboa couldn't work its gic on Ned, no place could.

That winter, things were even rse. Ned was often awake until two three in the morning, rocking or ughing maniacally. He was grinding teeth with a fury and sometimes empted to bite or pinch. He was owing himself on his knees every- ere, even on cement, and he seemed feel no pain. He had developed a ıtine of compulsive touching: walls, ces, doorknobs. He was crying with- apparent reason, a tearless crying loud and prolonged that he some- ıes lost his voice, crying for hours relieved. He was sometimes very hdrawn and would lie *(continued)*



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MIXED BLESSINGS
continued

th his blanket around him, clutch-
g his head. He seemed to be in an-
ish. He couldn't bear to be touched
d had started undressing in public,
ting or lying in the street.

But what was worse was that John
s becoming afraid of Ned. He'd al-
ys been so protective, had always
en able to manage Ned so well. Now
ere were frustrations and many tears
d depression. He couldn't go on much
ger like this. None of us could.

One of Ned's doctors recommended
t he be taken out of school and ad-
tted to the autism ward of the Neuro-
chiatric Institute (NPI) at UCLA for
ther evaluation.

When we picked Ned up on Saturday
rning for his first weekend home
it, he was dressed in unfamiliar
thing. One of the nurses explained
at he had been wetting himself, and
had no clean clothes. He had never
ne that before.

Ned was very happy to be home. He
med better, except that he now wet
nself. I put him to sleep in his own
d; he was happy and relaxed. But I
ln't want him to think that he didn't
ve to go back. On Saturday night I
d him this story: "Once upon a time
ere was a little boy named Ned. He
ed with his mommy and his daddy
d his big brother, John, in a nice
use in Pasadena. He was having a
rd time, and the doctor thought he
uld go to the hospital at UCLA . . ."

'No UCLA!"

' . . . but he could come home on the
ekends. Everyone loved to have Ned
ne home for the weekend, and soon
would be able to come home all the
ne. But not right away."

'The end," said Ned.

'Good night, Ned."

'Good night, Mommy."

Each weekend we would drive to
LA to pick up Ned, and each week-
d it grew harder to take him back.
'd scream, "No UCLA!"

As the weeks dragged on, we grew
re desperate and confused. I arrived
ne one afternoon just as Bill was
ling into the driveway, home from
studio. "Guess what?" he said.
rince Charles is going to visit the
. We're invited to a lunch to meet
n, but I'm not sure you'll want to go,
h all that's going on."

Are you kidding?" I said. "I'll be
ere!" Everyone was there, Cary
ant and Lauren Bacall. This most
morous afternoon was more than
t a break. We had to keep some part
ur lives separate from the problems
t threatened our happiness.

The following day, we *(continued)*



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met with the psychiatrist at NPI. His recommendation was that we get rid of Ned. We had adopted this child, he said, and we had reached into the barrel and had pulled out a rotten apple. It was now time to realize this, relinquish him to the state, and get on with our own lives. Ned was classically autistic. Ned had no future.

We took Ned out of NPI.

A friend recommended that the Christophers look into the Institutes for the Achievement of Human Potential, in Philadelphia. After some initial training sessions at the Institutes, the Christophers became Ned's primary instructors back home in California. He seemed to improve under the Institutes' controversial program of constant stimulation, which required ceaseless, minute-by-minute supervision. Treatments included vigorous exercise, breathing through an oxygen mask every seven minutes, physical patterning, and an arduous intelligence program of no less than one hundred flash cards per day. Barbara and Bill became optimistic about Ned's future. But that was before he reached puberty. Autistic children, particularly boys, may become very aggressive at adolescence. The Christophers were not ready, however, when this happened to Ned.

Barbara began to walk among the passengers, explaining: "We have our autistic son with us, and he is having an aggressive episode. We don't want anyone to get hurt."

William's journal, 1981

One morning Barbara and I were in the kitchen poaching eggs for Ned's breakfast. We heard his footsteps coming down the stairs, and suddenly our son, nearly thirteen, barreled into the kitchen, raced up to Barbara, and began to pinch her violently. He highly agitated and crying lo When she turned away he pu her, pulling at her clothing and p ing wherever he could.

Barbara and I were astonished. had been the very rare outburst o lence from Ned before, but there always some excuse for that—us fatigue. Yet here was Ned, after a night's rest, on the attack. We tol

that Mommy was going up and would not fix his breakfas less he could behave himsel did calm down, but I left fo studio feeling uneasy. By the t arrived home that evening, B ra was terribly upset. Ned had attacking her, on and off, all

"You must understand, you cannot be allowed to Mommy," I reasoned. "No, Barbara shouted as he atte to pinch her breasts. But absol nothing worked.

Ned was clearly unhappy whe having aggressively, yet he coul stop himself. More and more, he in a state of agitation; he often long sessions of loud, tearless cr He didn't understand what was pening any more than we did.

"I think he's getting mad," John, "and I guess that I'd be p



ad, too, if I were Ned."
A number of times on my return
m work, I heard Ned calling from
s bedroom window, sometimes plain-
ely, sometimes cheerfully, "Hi, Dad-
. Can I come out?" and I knew that
rbara had had to lock him in his
m so that she could prepare dinner
safety. In order to protect herself
m Ned's attacks, she now wore a
avy coat buttoned to the chin. Soon
began spitting and biting, too.
Finally the tension of living with
d, not knowing when he might ex-
de, being afraid to have anyone
ne with him, even warning strang-
s to keep away from him, became too
ch. We realized Ned was going to
ve to leave home. We would give up
r wonderful dreams of a normal life
him. With heavy hearts we called
e Institutes. Ned was going off the
gram. He was going to live at Vista
use, a community-based group
me, and we would hope for the best.
The day Ned left was sad. His seat
t was securely fastened. His things,
marked with his name, were
cked in the trunk of the car. He was
rting a new life. We had explained
him what was happening. He didn't
, but he looked apprehensive as I
lled out of the driveway. "Wave to
mmy, Ned."
'Good-bye, Mommy."
'Good-bye, Ned."
'Good-bye, home."
The Christophers were not to see Ned
a month, a waiting period that often
sts in residential facilities before vis-
are allowed. Afterward, there were
veekly overnights at home, and for a
ile, Ned seemed to do well enough in
new life.

arbara's journal, 1982

those alternate Sundays when
l returned from driving Ned back,
would be white-faced and grim.
e people who staffed Vista House
re well-meaning enough, but they
d absolutely no idea what to do
h Ned. A small concrete backyard
s the only outdoor area. There
re a few balls and toy cars, but for
most part the kids sat around
h the TV blaring. The principal
l seemed to be for Ned to sit in a
ir and be good. What a change
s must have seemed from the ac-
ity-filled sixteen-hour days of the
titutes' program.
We felt we had done the right thing
placing Ned outside our home, but
couldn't allow the present situation
continue. By a stroke of luck, he was
epted at the Devereux Foundation,
Santa Barbara, for a three-month
l period. *(continued)*



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Pleasant Hill
Alders Wide Shoes

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MIXED BLESSINGS

continued

The Devereux Foundation, with residential campuses for the mentally ill and developmentally disabled across the country, had a solid, seventy-year reputation behind it. When Ned's probationary period was over, he was doing much better and was invited to stay on. The Christophers were very relieved to have Ned in such a fine place. But that relief wasn't to last. Ned began having an even more difficult time.

William's journal, 1985

Lately, when Ned comes to visit, it feels as if we are sitting on an unexploded bomb. One evening, the bomb went off. We had taken the ferry across the little bay to the Fun Zone on Balboa Island, where Ned loved to ride the Ferris wheel. Ned was tense and irritable, and when we got to the other side, he started to run about, reaching out at strangers. I tried to head him off, interposing my body between him and anybody else, but it was not an easy task. I could see his hostility growing as well as his determination. I turned to Barbara: "Let's get out of here! Now!"

We headed for the ferry and boarded. Ned continued to reach out toward those around him. He hadn't actually laid hands on anyone, but there was an ever-present danger, and the ferry was crowded. The only available seat was on the side benches, facing the cars. Ned was crying loudly and tearlessly and was very agitated. The trip, only about three minutes long, seemed like an At tic crossing. Naturally, everyon the cars and all the pedestrian sengers had their eyes glued on Something was going on, and couldn't quite tell what.

Barbara began to walk along ranks of passengers explaining predicament: "We have our aut son with us, and he is having an gressive episode. It would help much if you would not look at hi pay any attention at all to his be ior. And please stay away from We don't want anyone to get h When we get off the ferry we m have to restrain him, but we won hurting him." She moved alon another group of passengers, rep ing, "We have our autistic son us . . . "

Just before the ferry docked, would not be contained any lon He grabbed an arm sticking out car window, and I had to lay ho him. That was all it took. We h real battle on our hands.

Somehow we managed to get fighting and struggling, off the and into a dingy corner near the lic restrooms. There we got him on the ground and then restra him. One of the passengers can our aid. I was startled to see kneeling next to me holding an Meanwhile, a lifeguard who had on the ferry stood with great au ity and told people to keep mo reassuring them that everything all right.

Back at Devereux, Ned was put medication called Tegretol, and self-injurious behavior vanished he outgrows his adolescence, his den plunge into aggression seem be fading. Ned still has some days, but his good ones are ge better.

Barbara's journal, 19

Ned has come home for his mo visit, and John greets him in driveway, "Hi, Ned."

"Hi, John." The two boys embra

"Kiss John," demands Ned.

"Let's shake hands instead," swers his brother.

Ned has been playing with a ketball at Devereux, and John v like to take him off to a nearb cant lot where there is a baske hoop, but we are not quite rea have Ned out in public alone John. Maybe next time. If things tinue to go well, we hope to place in an off-campus group home r Devereux.

We continue to have our dream our son.

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WOMEN GETTING AHEAD

By Shirley Sloan Fader

The right moment

I never know when to finish the small talk at a business lunch or dinner and get down to the real subject. Does it look pushy to start before dessert?

A If you dally too long, you may find you can't cover your agenda because your companion has to leave for other obligations. In her book *Company Manners* (Garrett, 1987), top advertising executive Lois Wyse offers a useful guideline. She suggests that at lunch you move quickly to the point, but at dinner it's sensible to wait a while. It's a good idea not to turn your attention to the business focus of your dinner until after an opening drink and some small talk.

Do you want to run a business?

Women might be more suited than men are to running a business, according to a new study by Cicco and Associates, Inc., a management-consulting firm in Murrysville, Pennsylvania. "We found that women seemed to get more pleasure out of most aspects of running their companies than men do," says John Cicco, president of the firm. Women expressed a higher degree of satisfaction with all the categories below except "income" and "freedom" (which men liked equally well) and "employee contact," which was more important to men.

- ☐ Pride in product or service
- ☐ Control
- ☐ Freedom
- ☐ Flexibility
- ☐ Self-reliance
- ☐ Customer contact
- ☐ Income
- ☐ Employee contact
- ☐ Recognition
- ☐ Privacy
- ☐ Security
- ☐ Status

How many of these factors are important to you? If these qualities strike a chord, maybe you'd be happier starting a business than continuing as an employee.

Free info: If you're in business or you want to start one, you can get help from the National Association of Women Business Owners (NAWBO). Write: NAWBO, 600 South Federal Street, Suite 400, Chicago, IL 60605.

Against women

I hate to admit it, but I had a very bad experience with a woman I chose for a responsible job and now I want to hire men only. Can you blame me?

A Many women have fallen into this trap—they make the same mistake of overgeneralizing that men made for years. When we're disappointed with a male worker, we say, "He can't do the job." We don't say, "Male workers can't do the job"

You shouldn't dismiss all women when the inadequate employee is a women. You should see her failure just as you do a man's. You shouldn't see it as a weakness of the entire sex.

To look at it another way, what if you also decided not to hire any more men as a result of a bad experience with just one? Then you would be left with no one to hire.

Which job?

I have a chance for two jobs—one is with a small business, the other is a big company. Would I be better off getting my feet wet at the little firm and then moving up?

A It depends on your goals. If you'll be happy working permanently for small organizations, then choose small. However, if you hope to move to a large prestige employer, grab your chance.

When you're at an important organization, it's relatively easy to move to a smaller one. Employers at small companies usually are impressed by what they think you've learned in the large business, and they're eager to hire you.

But when your job experience is "small time," you may have problems moving up. Large companies often discount the value of your knowledge and seek employees with big-organization training.

This doesn't mean that if someone is already working at a small business she should abandon hope of making a transition to a major employer. Many people do manage it. But when you have the choice, seize the big-name offer. Even if it doesn't work out, once you have major-league background on your resumé, it will be a permanent help to you whenever you change jobs.

The more you know about your dog's day, the less you'll want to feed him supermarket pet food.



am: Sleeping and oring energy.

7 am: Dog needs to utilize energy stored during sleep.

8 am: Eating a balanced breakfast.

9 am: Requires fats in the diet to provide sustained energy.

10 am: Nature calls. Smaller stool means more nutrients absorbed by dog.

11 am: Tissues rebuild during naptime.



OON: Vitamins in et help clear eyes spot mailman.

1 pm: Recharging batteries while sleeping.

2 pm: A healthy reward: Iams Biscuits.

3 pm: Needs fatty acids and proteins for thick, healthy coat.

4 pm: A pre-dinner nap.

5 pm: Greeting the troops.



om: Needs balance of utrients and fatty acids keep nose and otpad leather pliable.

7 pm: Dinner should contain quality meat protein.

8 pm: Energy needs to be kept at optimal level.

9 pm: Nutrients replenish energy while sleeping.

10 pm: Good muscle tone achieved through good nutrition.

11 pm: Provides fiber which aids in proper digestion.



DNIGHT: In for night.

1 am: Most dogs sleep eleven hours a day.

2 am: Nutrients repair muscles during sleep.

3 am: House patrol.

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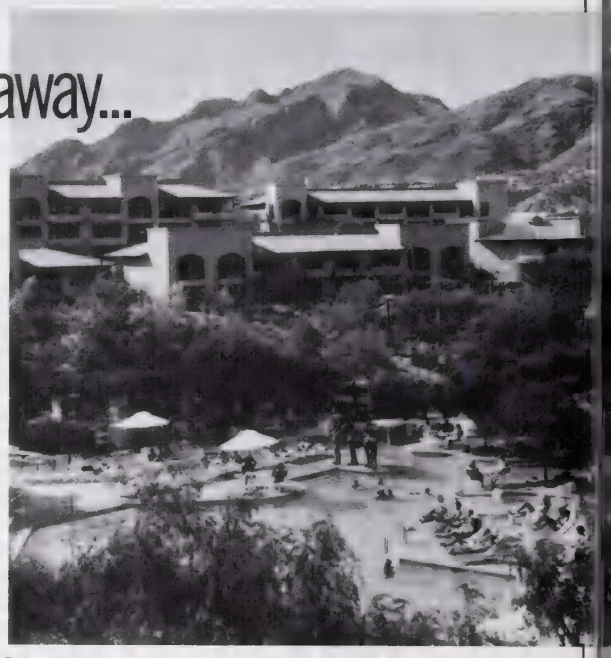
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Look— it's a grand hotel... it's a family getaway... it's Super RESORT



Spectacular views at the Westin La Paloma

You wouldn't dream of leaving the kids at home on vacation. But where can you go so that everyone has a good time? Destination resorts are making it easier than ever to enjoy a hassle-free family getaway. By Martha Shirk and Nancy Klepper

Destination resort—the latest catch-phrase in travel-industry lingo. For the traveler, it's a vacation plan that eliminates hopping from hotel to hotel, unpacking and repacking, riding around in pursuit of favorite leisure-time activities. The resort is a destination in itself, and many are located in towns with interesting attractions nearby. We've found that these one-stop super hotels are among the best places to go with the family. Resorts also supply souped-up children's programs that kids will love. Here's a roundup of some of the best family resorts across the country.

NEW SEABURY CAPE COD, New Seabury, Massachusetts

Expensive (508-477-9111, ext. 5). On the south shore of the Cape, between Falmouth and Hyannis, this sprawling 2,000-acre resort lures vacationers with the quaint charm and scenic coastline of New England. Though it offers all the standard resort fare—golfing, tennis and swimming—it also entices guests with oceanview villas and day-trip cruises to nearby Martha's Vineyard. New Seabury's children's programs charge a fee, but they include a whale-watch boat excursion, music-video recording sessions and a trip on the Cape Cod railroad.



Old-fashioned charm: the Homestead, Hot Springs, Virginia

THE SAGAMORE, Bolton Landing, New York

Moderate to expensive (518-644-9400). When it was built in 1883 near "Millionaire Row," the Sagamore quickly became the center of Lake George's glittering social life. Today, the resort offers newly built lodge suites. Children can participate in the free kids' program while adventurous parents try parasailing or take a hot-air balloon ride.

The Lake George area offers excellent fishing and downhill and cross-country skiing. The Saratoga Racetrack and Performing Arts Center, with such draws as the New York City Ballet, are just half an hour away.

THE TYLER PLACE, Highgate Springs, Vermont

Moderate (802-868-3301). A friendly resort run by a family for families. Though the cottages and suites are comfortable (but not deluxe), and the meals are filling (but not haute cuisine), the community feeling has been the resort's main attraction and the Tylers' focus since 1945. The *(continued on P.S. 8)*

From the book SUPER FAMILY VACATIONS by Martha Shirk and Nancy Klepper. Reprinted by permission of Harper & Row, Publishers, Inc.


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TRAVEL TALK

(continued from P.S. 4) Tyler Place truly makes it easy to get away from it all—there are no phones or TVs in any rooms.

Children as young as two can take part in the kids' program. There are "separate-but-equal" dining facilities for adults and children, and "parent helpers" are available on a live-in or part-time basis.

BOCA RATON RESORT AND CLUB, Boca Raton, Florida

Moderate to very expensive (407-395-3000). No lack of attention here! This resort has just about one staff member for each guest. Although the luxury of such personal attention doesn't come cheap, the resort's rates are frequently discounted in January and in the summer.

Accommodations range from 120 golf villas to the 215 rooms in the Boca Beach Club, a European–style hotel facing the Atlantic. Kids under sixteen stay in parents' room free.

THE HOMESTEAD, Hot Springs, Virginia

Expensive (703-839-5500). Many guests travel here just to rejuvenate themselves in the naturally heated mineral waters. But this isn't the only unique quality of this splendid Allegheny Mountain resort: The surrounding area has remained untouched by billboards and traffic lights.

While Mom and Dad enjoy the hot springs, horseback riding or relaxing with a book on the veranda, children four and over can join the fun on the supervised playground. There is a separate program for seven- to twelve-year-olds. Winter activities include skating on an Olympic-size rink and skiing.



Kids have a ball at the Tyler Place, in Vermont

The Homestead has a slightly formal air, with an orchestra playing through multicourse dinners and guests dancing between the courses.

OGLEBAY RESORT, Wheeling, West Virginia

Inexpensive (304-242-3000). For a back-nature break, Oglebay's got it all. Sin 1928, the resort has been operated as a natu sanctuary, complete with a children's zoo a an arboretum. Miles of wooded trails a meadows invite family walking exploratio The resort plans many seasonal packag most notably October's Oglebay Fest. A commodations range from chalets and sui with connecting bedrooms to cabins in woo land settings.

Children are encouraged to feed and pet deer and goats and to observe the otl animals at the Good Children's Zoo. There a standard summer day-camp program a two eighteen-hole golf courses.

THE RESORT AT PORT LUDLOW, Port Ludl Washington

Moderate to expensive (206-437-2222). G ting to this resort can be a good-time adv ture in itself—travel by seaplane or a com nation of car and ferry. Fishing aficiona will want to charter a boat in Seattle Har and fish during the two- to three-hour across Puget Sound. Once there, guests enjoy magnificent views of the Olym Mountains from luxurious condo accomm dations. Children under twelve stay in p ents' room free; activities are scheduled ages five and over during the summer. adults, sight-seeing excursions and mo light champagne cruises can be ranged.

RANCHO BERNARDO INN, San Diego, Californi

Expensive (619-487-1611). With such att tions as Sea World, the San Diego Zoo Old Town just thirty minutes away, Ran Bernardo almost didn't need to come up v its own enticements. But this inn has outstanding children's program. Opera during the summer and major holidays maintains a four-and-a-half-to-one kid counselor ratio. And the crew have all parent-reassuring credentials: education grees, first-aid certificates, water-sa training and so on.

WESTIN LA PALOMA, Tucson, Arizona

Moderate to expensive (602-742-6000). in beautiful desert surroundings, the re has 487 rooms housed in buildings of so western Mission Revival style. Each r has a balcony with fabulous mountain vie Many of the suites have fireplaces, sun spa-tubs and service bars.

During the summer and some holiday free day camp is available, including trips, crafts and games. Family movies shown daily. Golfers will enjoy La Palom twenty-seven-hole course designed by Nicklaus. To visit nearby: Old Tucson, fi five minutes from the resort, is an old m location and reproduction of an Old W town.

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Dijon Vinaigrette Salad Dressing

3/4 cup salad oil
1/4 cup REGINA® Red or White Wine Vinegar
2 tablespoons GREY POUPON® Dijon Mustard
1/2 teaspoon salt
1/4 teaspoon ground black pepper

In bowl, whisk together all ingredients. Serve as a dressing over your favorite salad. Store dressing in refrigerator for up to 2 weeks. Makes about 1 cup. To create the salad shown above, use romaine, radicchio, endive, chicory, arugula, watercress, Bibb and curly leaf lettuce and yellow peppers.

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ORTEGA RICE & CHICKEN PIE Makes 8 servings

1 lb. boneless chicken breast, diced
1 tbsp. BLUE BONNET® Margarine
1 (1¼-ounce) pkg. ORTEGA® Mexican Chicken Seasoning Mix
¾ cup water
1 bag SUCCESS® Boil-In-Bag Rice, prepared
1 (12-ounce) jar ORTEGA® Thick and Chunky Salsa
1 egg, beaten
2 cups shredded Cheddar cheese (8 oz.)

In skillet, over medium-high heat, cook chicken in margarine. Stir in seasoning mix and water; cook, stirring occasionally until thickened, about 3 minutes.

Combine rice, 1/2 cup salsa, egg and 1 cup cheese. Press on bottom and side of 8 or 9-inch pie plate; sprinkle in 1/2 cup cheese. Top with chicken mixture. Bake at 350°F for 20 minutes. Top with remaining cheese; let stand 10 minutes. Garnish as desired. Serve

DUM-DUM POPS® VACATION CELEBRATION SWEEPSTAKES



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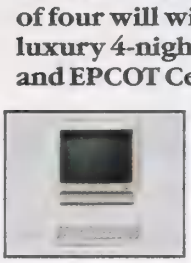
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rint your complete name, address and phone number on an offi- form or on a 3" x 5" piece of paper. Mail entry to "DUM-DUM TION CELEBRATION" SWEEPSTAKES, P.O. Box 1184, Libertyville,

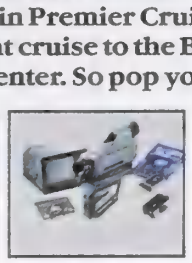
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ll be drawn at random on July 18, 1989 by H. Olsen & Co., an pt judging firm whose decisions are final. Winners will be noti- l within 30 days after drawing and may be required to sign and hin 10 days of notifications sent, an affidavit of eligibility and iability. By entering, winners consent to use of their names and for sponsor's advertising/promotional purposes without addi- pensation.
ZE (1): Premier's Cruise and Walt Disney World® Week for a fam- (two adults, two children under 18) Category A accommoda- to be taken within one year from time of notification and based ability of land and sea portions of package.
E (2): Apple® IIc Personal Computer.
IZE (5): Fisher Price PXL 2000™ Deluxe Camcorder for Children.
ZE (25): Ohio Art Animator 2000.™
IZE (50): Disney Movie Videocassette Library Collection.
E (2000): One lb. bag of Dum-Dum Pops or 12 oz. bag of Saf-T-

of prizes to be awarded is approximately $25,000.00.
t a winner is a minor, prize will be awarded in the name of the gal guardian. Parent/guardian must accompany minor on trip.
rize per person. All travel arrangements are sponsor's choice. generally available at sweepstakes close will be substituted at r; otherwise, no prize substitutions or transfers. All federal, ocal taxes are sole responsibility of winners. Odds of winning ent on the number of entries received. Entries become the prop- gler Candy Company and none will be returned. All prizes will .
s is open to residents of the USA, except for employees of Span- Company, its affiliates, advertising/promotion/printing agen- Olsen & Co., and their immediate families. Sweepstakes void ibited or restricted by law. All federal, state and local laws/ apply.
of major prize winners, send a #10, self-addressed, stamped y July 30, 1989 to "DUM-DUM POPS VACATION CELEBRATION" ES, P.O. Box CC, Libertyville, IL 60048.

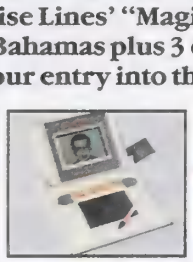
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how should your garden grow?

Spring at last—time to organize and plant this year's garden! To help your yard look its best—and to keep it that way all season—we consulted six top gardening experts. Here, their step-by-step advice on everything from cultivating a lush lawn to choosing the perfect plants

By Laurie Werner


dazzling celosia

what's hot in flowers

Pink is currently the fashionable color for flowers. Especially popular: impatiens (a shade-flowering plant) bred in different shades of pink.

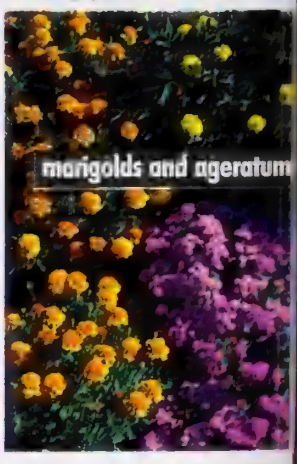
Small plants are big sellers as well. New Look, a dwarf celosia with scarlet plumes, and Snow Lady, a dwarf shasta daisy, both award-winning plants, are favorites of many gardeners.

Daylilies are gaining in popularity because they are as adaptable and easy to grow as they are colorful. Not only that, there are literally hundreds of varieties to choose from. A good selection: Stella D'Oro (Star of Gold), which flowers from late spring until the first frost.


dainty pink impatiens

a burst of COLOR

When you're planning how your garden will look, remember that annuals (which must be planted every year) blossom all season long, while perennials (which flower every year) bloom for only part of the growing season. Choose from attractive, inexpensive and easy-to-grow annuals such as petunias, begonias, zinnias, marigolds and snapdragons. When it comes to perennials, select those that flower at different times during the season to ensure that your garden will always be in full bloom; you might, for example, plant a mixture of primroses, to bloom from April to May; shasta daisies, which flower from June to August; and daylilies, which blossom anytime from late June into September. (Many bulbs, such as tulips, daffodils, crocuses and irises, are also perennials, but they need to be planted in the fall rather than the spring.)


marigolds and ageratum


vibrant zinnia

Experts consulted: Larry G. Pardue, executive director of Selby Botanical Gardens in Sarasota, Florida; Richard Schnall, director of horticulture at the New York Botanical Gardens; Eliot Roberts, Ph.D., director of the Lawn Institute in Pleasant Hill, Tennessee; Gary Koller, managing horticulturist of Harvard University's Arnold Arboretum; Don Rakow, Ph.D., assistant professor of landscape horticulture at Cornell University and Norman Hummel, Ph.D., assistant professor of turf grass at Cornell University's New York State College of Agriculture and Life Sciences.

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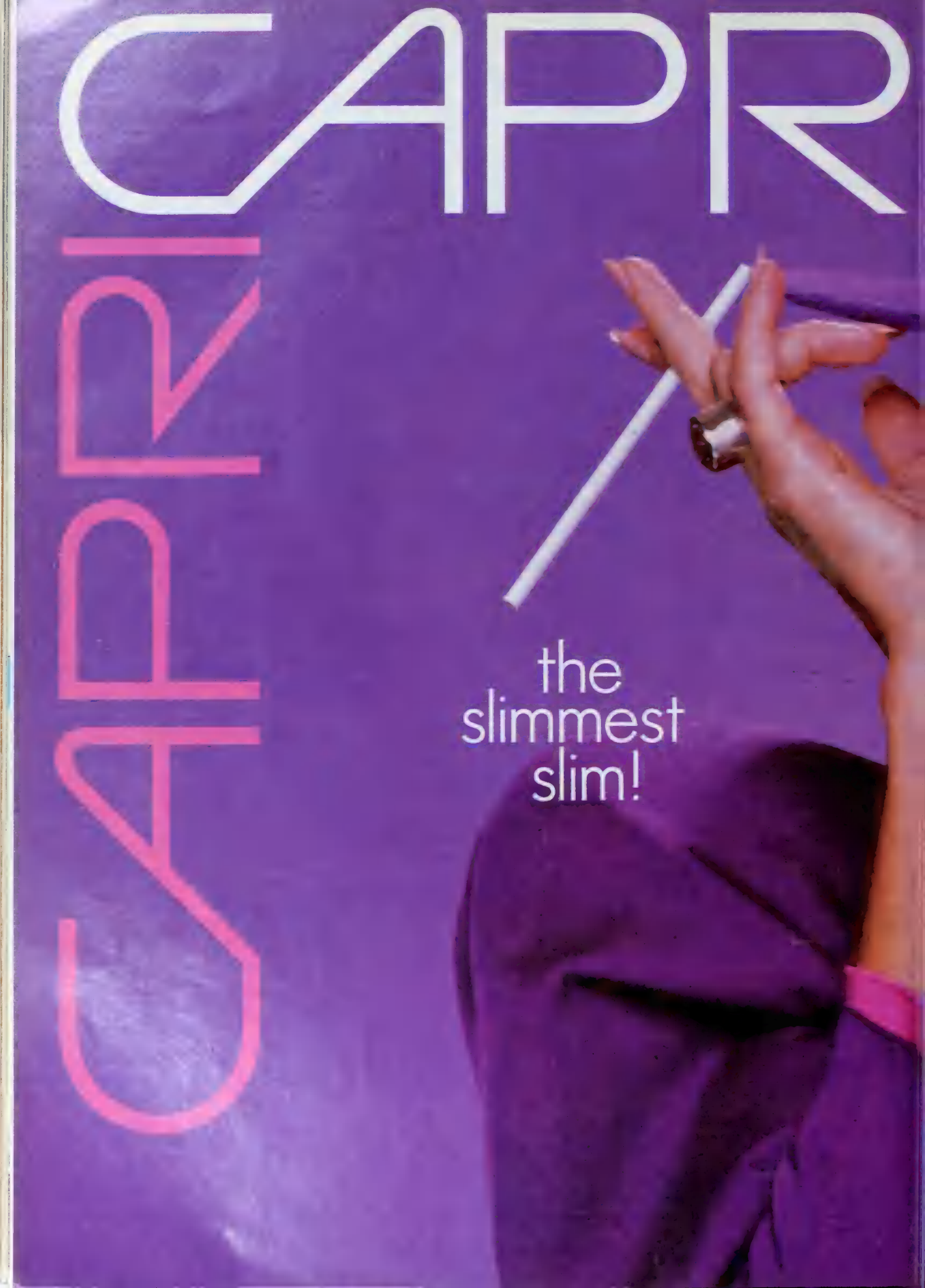
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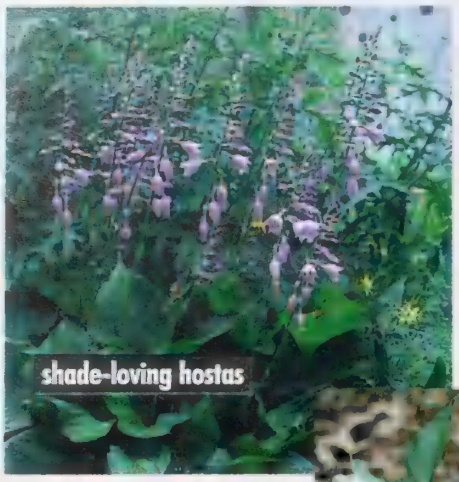



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plants

test your soil

Before planting anything—whether it's flowers, grass, trees or shrubs—it's important to analyze your soil for pH (acid content) and nutrient deficiencies. You can do this with a simple testing kit available at garden centers, or you can send a soil sample to your local county cooperative extension, a branch of the United States Department of Agriculture, which will evaluate it for a small fee. (The number should be listed in the phone book under county government.) They will also tell you which plants or grasses will grow best in your yard, how often to water plants, what type of fertilizer to use and in what quantity, and how to adjust your soil to the appropriate pH level for whatever you want to grow.


shade-loving hostas

how to plant

1 Buy plants from a garden center or nursery. As soon as the ground thaws, turn soil over to aerate it; work in compost to fertilize. (For more information on preparing the ground, see "Test your soil," above.)

2 Check moisture by trying to press soil into a ball—ideally, it should be dry enough to crumble in your fingers. Then, when the soil temperature reaches at least 45°F. (stick a thermometer in the earth to measure), plant flowers that do best in cool temperatures, such as pansies and snapdragons. When the soil temperature registers 65°F., plant warm-crop flowers, such as petunias and begonias.

3 To plant: Place flowers in a hole (check with your garden center on depth and spacing) and cover with soil. Press down gently. Water. Keep evenly moist for a week. About one month later, sprinkle liquid organic fertilizer around plants.


delicate trillium

shade vs. sun

When selecting flowers for your garden, a crucial factor is how much sun the area gets. If you'd like to brighten a dark spot, select flowers that will tolerate partial or dense shade. Good choices include phlox, primulas, trillium, impatiens, hostas, and ground cover such as English ivy or pachysandra. ■ For sunny areas, your choices are practically unlimited, as most flowers do well in full sun (although impatiens cannot tolerate it). ■ Also check out your neighbors' gardens, or call a local botanical society to see which blossoms thrive in your climate.


a lush lawn

growing the perfect lawn

To get your lawn in top-notch condition, analyze how well it survived the winter. Examine the lawn's density; if each square inch does not have six individual grass plants, you'll need to seed the thin patches. Buy the same kind of grass seed as that in your established lawn. **To seed a patch of lawn:** Scratch the soil with a rake, drop the seeds in the grooves and water to moisten. Continue watering frequently until the seeds germinate. **Fertilizing** is the key to grass growth. If you live in the north, grass should be fertilized in the spring and fall; in the south, fertilize in the spring and midsummer. **When to mow:** The recommended height for most lawns is 1½ inches. When your lawn is two inches high, cut it down half an inch. ■


flowering dogwood

landscaping with trees and shrubs

Design is a key factor when it comes to planting trees and shrubs. For best results, use plants to define space, not to break it up. For instance, place plants near your house or property line, not in the middle of the yard. ■ To get a sense of the physical space trees and shrubs will occupy, place a stake in the ground with ribbons marking the desired height. Use a second stake to indicate width. Buy plants that will reach that height and width at maturity. ■ Again, consider how much sun the intended site receives. For partially shaded areas, choose rhododendrons, azaleas, mountain laurels, flowering or Kousa dogwood, or Japanese maples. For spots that receive full sun, consider sugar maples, linden, ash, hackberries, red oak or pin oak. ■ Make sure the tree or shrub is hardy enough to withstand minimum winter temperatures in your area and that it will thrive in your soil.


colorful rhododendrons

Quality time by Jan Lucas.
Style by Cobbie.

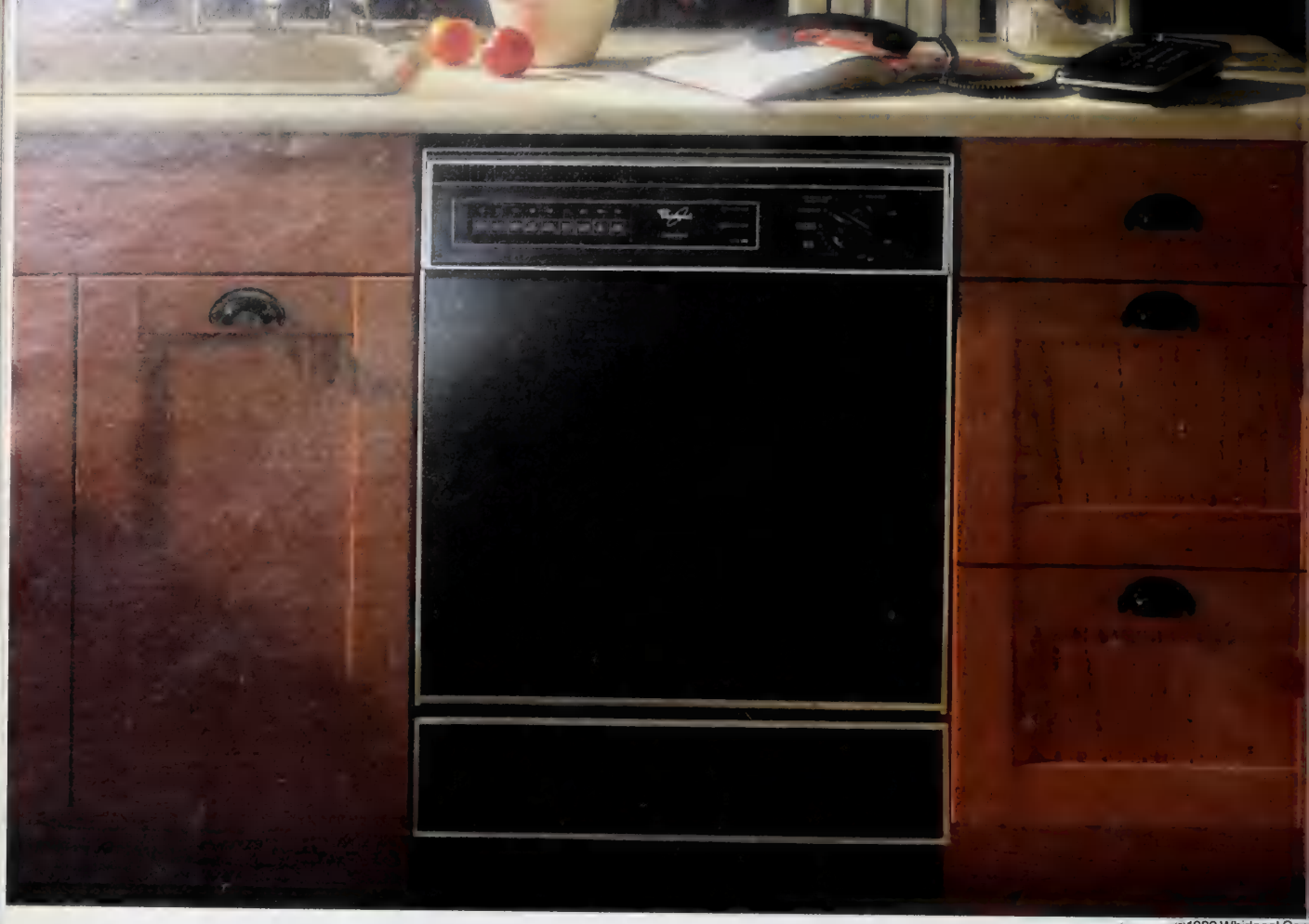


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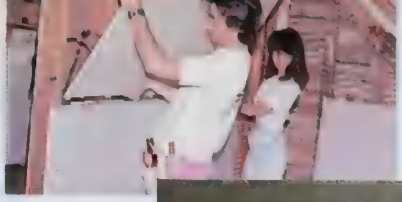
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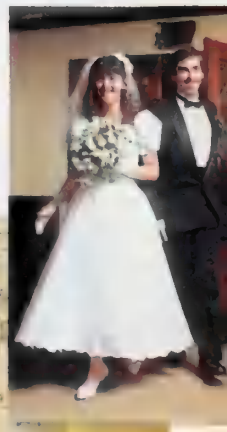
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Ladies' Home Journal
May 1989

Our first HOME



BY MARILYN D. GLASS
DECORATING EDITOR

TEXT BY CAROLYN B. NOYES



Photos, Jeff McNamara.

A new life for newlyweds Larry and Kerry Bracken—and for a charming but run-down old house. Here's how the *Journal* helped the Brackens budget their money and channel their skills (he hammered away, she stitched up a storm!) to turn an ordinary house into a cozy home they adore.





It's the stuff of little-girl dreams—falling in love, getting married, finding the perfect house. For newlywed Kerry Bracken, twenty-six, those dreams have all come true. When her husband, Larry, thirty, carried her over the threshold last October, it was into her dream home—one they renovated and redecorated themselves.

"The first time I saw the house, I thought it was the Taj Mahal, the greatest thing I'd ever seen. I really did," says Kerry.

Kerry's enthusiasm aside, the six-room, sixty-four- *(continued)*

Photos, Jeff McNamara. Balloon shades, Vogue Fashions for Living #2080; fabric, wallpaper border, Laura Ashley; Worry-Free™ carpet by Karastan; glass vases, bar glasses, Conran's; desk accessories, Il Papiro; painted table, letter rack, chandelier, Turner & Madden; flowers, Sura Kayla; hair and makeup by Rosalie for IAM/USA. Dining room: area rug, Mill Carpets; china, Wedgwood; flatware, Gorham; crystal water and stemware, Conran's; tea set, decanters, wine coasters, brass candlestick holders, Lenox Court Antiques. All paint, Benjamin Moore; floor stain, Minwax, both through Janovic Plaza, Inc. Details, page 251.





No boring neutrals allowed! Raspberry red won out over basic beige as the choice color for the living-room carpet. Larry and Kerry liked it so much they let it run right up the stairs and onto the second floor to create a pulled-together, unified look throughout the house.





(continued) year-old house was a handyman's special that a realtor was anxious to unload. The structure was sound, but the dingy interior, neglected for years, was in dire need of some tender loving care—and some hard work. The couple wouldn't have gone to view it had they not received a tip from Kerry's sister, but it turned out to be the only house they looked at. Almost immediately, they abandoned their plans to buy a newly constructed condo in a nearby beach town.

"I couldn't believe we could afford a house in a good neighborhood in this area. After that, just that it was standing *(continued)*

Duvet cover, #2080, European pillow squares, #1422, vanity and stool skirt, #1711, all, Vogue Patterns for Living. Pleated shade, Butterick Patterns #6040; Worry-Free™ carpet by Galaxy; fabrics, Waverly; antique clock, Turner & Madden; bed linens, Gracious Home; botanical prints, Lenox Court Antiques. Kitchen: flooring, Armstrong Designer Solarian II; roman shades, Vogue Patterns #2079; fabric and wallpaper by Motif Designs; counter designed by William Tekverk; all kitchen furniture and accessories, Conran's; ceiling fans, Hunter Fan Co. Details, page 251.







Little touches of Kerry's favorite accent color are found all over the house—even in the kitchen and master bedroom, where simple roman shades, chair cushions, a duvet cover, pillows and a comfy upholstered armchair show off super red highlights of their own.





Larry got down on hands and knees to bring back the beauty of hardwood floors and the wooden banister, dulled by years of wear and no care

(continued) was enough for me," Kerry says. "And we were getting a backyard, too, all for the same price as a condo or co-op."

The house, in New York's Nassau County, carried an asking price of $138,000 in a market where the median price is $174,000. Because the plumbing needed a complete overhaul, the Brackens talked the owners down by $4,000 to cover the repairs. Larry and Kerry had figured to have about $14,000 left in their savings after the down payment and closing costs to devote to rebuilding, decorating and buying furniture.

After their first walk-through, Kerry could hardly contain her excitement over their serendipitous find. "I told Larry we couldn't afford not to buy this house, and he kept saying, 'Do you know what we're in for? Do you have any idea of the work that's involved?' He was just trying to bring me back down to earth," Kerry says.

Larry, a skilled amateur carpenter, who was actually eager to take on the project, was just playing devil's advocate to make sure Kerry was really willing to put up with the dirt, the mess and the frustration. He was already convinced, for after seeing a friend complete some do-it-yourself home improvements, he knew this house had the potential to become a real gem.

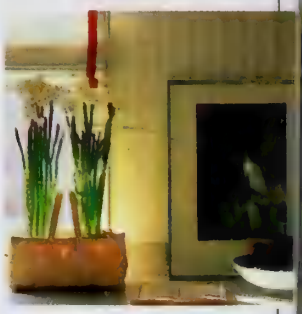
From that day on, the Brackens' home-buying adventure turned into nine months of chaos. They closed on the house in January 1988, knowing they had to get it ready before their wedding in October. Larry, *LHJ*'s talented and meticulous art production coordinator, wasted no time in plotting the steps for his masterful makeover. Larry lived at home with his mother; Kerry, an airline pricing analyst, moved out of an apartment and in with her mother that May to save money, so they had the luxury of making a mess at the new house and closing the door behind them at the end of each workday.

DEMOLITION DERBY

How did the Brackens want to change the house? "We loved the basic structure of the house, but the interiors looked so sixties. Everything was covered up with paneling. And the plastic tile and wallpaper in the kitchen, that had to go, too," Larry says. But before they could update the decor, there were some hidden problems that needed attention. Larry wanted to insulate and resurface the walls, enlarge the master bedroom, raise the low kitchen ceiling, strip the hardwood floors and cabinet veneers, and rip up the cheap plastic linoleum. So he gathered six friends, and with crowbars and sledgehammers, they brought the beat-up walls down. (None of Larry's work involved structural alterations, which require building permits and should be left to a professional contractor.) After a week of standing knee-deep in the felled plaster, plywood and debris, Larry and Kerry began to feel overwhelmed by the long haul ahead.

"That's when I took off my rose-colored glasses," Kerry says. "The whole idea was becoming stressful, because as soon as we started working on the house, we could never really relax—there was always something to do." What's more, they hardly ever saw their friends; socializing consisted of chats with clerks *(continued)*





the under-$2,000 kitchen

If your kitchen is a mess and you've got limited funds to fix it, a few well-executed cosmetic touches can make it look as though you redid the room from scratch.

back to basics

Larry and Kerry focused their attention (and budget) on new veneers for existing structures. Countertops got a fresh look with a professionally applied spray-paint finish over the old Formica (about $85); cabinets and ceiling, a simple paint job. Larry ripped up the linoleum and put down new flooring (about $500), saving on installation charges.



color counts

White, light beige and gray are the best choices to brighten a kitchen—and they coordinate with any accent color.

finishing touches

Larry changed the drawer pulls on the newly painted cabinets to white ones that blend in. Kerry made the roman shades, saving on costly custom-made window blinds.



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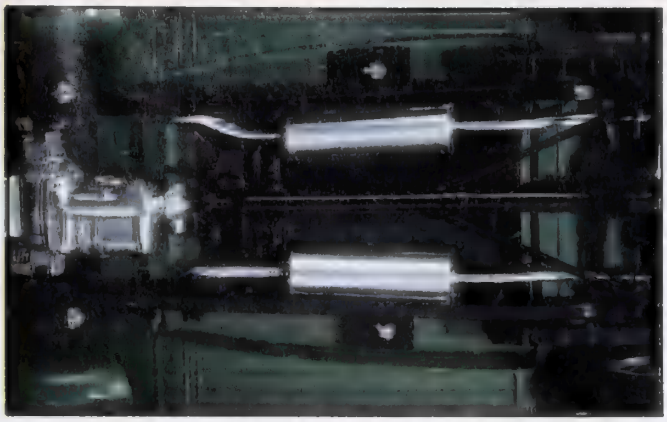
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of one of America's greatest...and rarest...automobiles

Cadillac

The 1932 V-16
Sport Phaeton



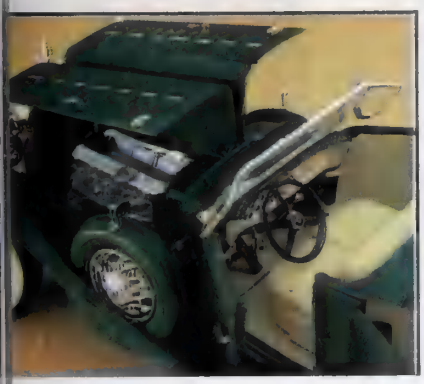
Shown smaller than actual size of 9⅜".



UNDERCARRIAGE: *The springs, axles, transmission, differential and frame are detailed. The components are hand-assembled.*

Sixteen cylinders." The very words mply an automobile of extraordinary roportions. Indeed, at the time, the ngine of the 1932 Cadillac V-16 Sport haeton was hailed as a work of art.

he massive engine, housed beneath strikingly beautiful body, effortlessly ropelled this huge automobile to credible speeds. The grandiose luxury f this fabulous custom-made Cadillac ade its cost dear indeed...$4,945, qual to more than $100,000 in today's erms!



Like a fine, spring-run watch, this collector's model will astonish you with its *working* detail: all four doors open smoothly, the front wheels respond to the steering wheel, and both sides of the hood can be raised on precision hinges.

Over 130 scale parts go into the making of this replica. All the important components — the body, chassis, drivetrain and engine block — are crafted in metal. The seats are covered with leather and the tires are rubber.

Each metal part is polished before painting. Every single component is inspected before the replica is assembled by hand. When at last a replica is complete, it is hand-waxed before being released for shipment.

Available only from the Danbury Mint.

This extraordinary replica is available exclusively from the Danbury Mint. It is not being sold in stores.

You need send no money now. Simply return the Reservation Application. The price of $88.50 is payable in three convenient monthly installments of $29.50 each.

For your convenience, you may charge your installments to MasterCard, VISA or American Express.

Your satisfaction is absolutely guaranteed. If you are not completely happy — for whatever reason — you may return your Cadillac within 30 days of receipt for a prompt replacement or refund, whichever you prefer.

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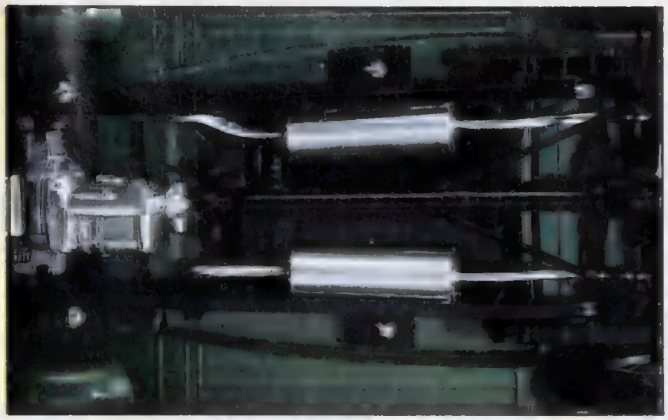
A meticulously engineered die-cast metal replica
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Cadillac

The 1932 V-16
Sport Phaeton



Shown smaller than actual size of 9⅜".



UNDERCARRIAGE: *The springs, axles, transmission, differential and frame are detailed. The components are hand-assembled.*

"Sixteen cylinders." The very words imply an automobile of extraordinary proportions. Indeed, at the time, the engine of the 1932 Cadillac V-16 Sport Phaeton was hailed as a work of art.

The massive engine, housed beneath a strikingly beautiful body, effortlessly propelled this huge automobile to incredible speeds. The grandiose luxury of this fabulous custom-made Cadillac made its cost dear indeed...$4,945, equal to more than $100,000 in today's terms!



MOVING DETAILS: *All four doors open smoothly as do both sides of the engine compartment. The front wheels turn with the steering wheel.*

Perhaps the best Cadillac ever built.

Of the 300 V-16 automobiles Cadillac built in 1932, only two were Sport Phaetons. They are certainly among the rarest cars ever built, and many automobile historians agree they were the best looking, most powerful and luxurious classic cars ever built by Detroit.

This 1:24 scale, die-cast metal replica of the 1932 Cadillac V-16 Sport Phaeton captures all the special details that made the original car so extraordinary.

Like a fine, spring-run watch, this collector's model will astonish you with its *working* detail: all four doors open smoothly, the front wheels respond to the steering wheel, and both sides of the hood can be raised on precision hinges.

Over 130 scale parts go into the making of this replica. All the important components — the body, chassis, drivetrain and engine block — are crafted in metal. The seats are covered with leather and the tires are rubber.

Each metal part is polished before painting. Every single component is inspected before the replica is assembled by hand. When at last a replica is complete, it is hand-waxed before being released for shipment.

Available only from the Danbury Mint.

This extraordinary replica is available exclusively from the Danbury Mint. It is not being sold in stores.



ENGINE: *The detail of this 452 cubic inch, sixteen-cylinder overhead cam engine is authentic.*

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DYNAMIC DUO

Above, Kerry painted the living-room radiators while Larry made yet another trip to the dumpster, clearing away pieces of wallboard. Later Kerry camouflaged the radiators with fabric-covered screens (page 166). Right, the happy couple relax at last. Kerry's knack with knickknacks (top and below) adds a personal touch

(continued) at the hardware stores nearby.

RENEWED DETERMINATION

Larry's master plan, their own deep commitment to the project and taking things one step at a time kept them going. The most inconvenient task was replacing the plumbing in the only bathroom, which put the toilet out of commission for six weeks. "It was trips to McDonald's to use the restroom. We just thanked God we weren't living in the house then," says Kerry.

Once the bathroom was complete, Larry turned to enlarging the master bedroom upstairs. He pushed back the wall shared with the smaller adjacent bedroom to accommodate Kerry's most prized possession—the queen-size four-poster bed her grandparents gave them as a wedding present.

On the first floor, the kitchen was the worst of their problems, but they knew they couldn't afford the major overhaul they thought the room needed. Larry first brought in an electrician to install wall outlets and switches—the overhead lighting was still operated by pull-chain. He saved on labor costs by building extra counter space and laying down new linoleum himself, and he pitched the ceiling cathedral-style, leaving space to put in a skylight later.

But the couple still weren't satisfied with how the kitchen looked, so interior designer Stanley Hura and *LHJ*'s decorating and design editor, Marilyn Glass, stepped in to lend a hand.

Larry and Kerry knew they wanted the room to be bright and open. Hura's inexpensive solution: Strip the cupboards and paint them white. It's a modern, neutral background that can be accented with any color. (Key to the professional-looking finish—Larry removed the hardware and sanded the wood smooth first.) Hura suggested gray and white striped wallpaper for subtle design interest.

Next to the dingy cupboards, perhaps the feature that dated the room the most was the yellow-flecked Formica countertop. A friend who is a professional refinisher had told Larry about an epoxy spray-paint that dries to a finish every bit as durable as Formica—and costs less. So Larry hired him to cover the existing Formica.

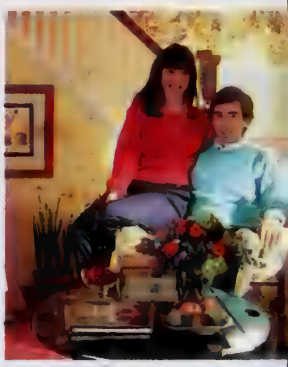
Taking a cue from a canister set she had found in France, Kerry chose red as her accent color, using it to trim the roman shades she made from discount fabric. And a twenty-dollar touch that made an enormous difference—changing the old-fashioned and previously painted-over cabinetry hardware.

WISHES FULFILLED

With their greatest challenge—the kitchen—behind them, the living room and dining room seemed like a snap. For one thing, construction in these two rooms involved only installing insulation and new wallboard.

More important, Kerry was full of decorating ideas for the living and dining rooms. When she and Larry had become engaged in September 1987, Kerry began keeping a wish book, full of clippings and swatches of colors and fabric she hoped to use in their home one day.

The *(continued)*



money matters

a penny saved

Larry, a committed saver, came up with a 20 percent down payment ($27,000), financing the remainder with a thirty-year fixed-rate mortgage. This strategy let him avoid PMI (private mortgage insurance), coverage imposed on buyers who put down less than 20 percent. PMI can tack on thousands of dollars over the life of the loan.

set priorities

Kerry's must-haves were a new kitchen decor and her favorite fabric. The trick to budgeting is to determine what elements you will and won't compromise on. The Brackens put the bulk of their $14,000 into construction and materials. They allotted what was left over (about $3,500) plus some wedding money for furniture—buying the biggest items like the sofa and dining-room table first. The generosity of friends and family counted, too—Kerry's aunt gave them the Chippendale chairs for the dining room.





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(continued) one item she felt she simply had to splurge on: a favorite Laura Ashley floral fabric. But what to do with it? The pros helped her avoid a common pitfall of amateur decorators, who often err on the side of caution in choosing colors and lose out on a lot of visual impact.

"I would have gone neutral, neutral, neutral—beige and white, probably. I knew I wanted the fabric, but I didn't have the vision to see how the colors in it could be used," says Kerry. "But the designers showed me how to use the fabric's colors for the carpet, sofa and walls in both rooms."

Kerry, every bit as clever as her handy husband, recouped the money spent on the fabric (about twenty dollars per yard) by sewing the balloon curtains, slipcovers and pillows herself. Larry's grand finale: applying molding—available at hardware stores—crown moldings, chair rails and baseboards for an authentic eighteenth-century look.

The cosmetic work done, Larry and Kerry began the search for furniture. A surprising first stop: the Metropolitan Museum of Art. The couple browsed around the antique furniture collections and were inspired after seeing the best in design. Armed with many new ideas about proportion, line and style, they hit the stores.

"We had to figure out what trade-offs to make. With whatever we got, we were looking for quality," Larry says.

And they discovered quality in the most unlikely—and least pricey—places. The two club chairs with down-filled cushions ($35 each) and Queen Anne side chair ($45) in the living room were found at flea markets and thrift shops. One great buy led to another: the bureau ($175), nightstand ($50), vanity and stool ($85) and tub chair ($90) in the bedroom; sideboard ($250), secretary ($250) and end tables ($25 apiece) for the living room.

In addition to flea-market shopping, Larry and Kerry scoured furniture closeout centers of local department stores. Their top finds were two focal pieces—the dining-room table (originally $2,500, they got it for $550) and the sofa ($300, marked down from $1,500). The table bears a small scratch and the sofa a stain on one arm, both imperceptible imperfections. They bought the kitchen dining set and stools at a home-furnishings store for $360.

MORE TIME THAN MONEY

By adopting a smart shopping strategy and doing work on the house themselves, Larry and Kerry made their investment pay off. Their major furniture purchases totaled only $2,275 (they already owned some pieces, as well as lamps, artwork, accessories); construction materials amounted to $9,736.71.

When Kerry looks at the house now, she feels the same excitement as the day she and Larry first saw it. "I look back, and it was like a fairy godmother waved a magic wand. We really got our dream house," says Kerry. ■



MY HERO!

Resurfacing the walls and ceilings, Larry worked handyman's magic with a seemingly unmanageable mess. "Seeing him succeed at so many projects," says Kerry, "he's got me believing he can do anything."

HOMEOWNER HELPERS

■ Larry used ideas from "Moulding Makes It More . . ." and "The Wallworks Guide." Send $3 per copy to Georgia Pacific, Dept. LHJ, P.O. Box 2808, Norcross, GA 30091.

■ For a free booklet on how to avoid septic-system failure, write: RID-X, P.O. Box 5940-D, Westbury, NY 11592.

■ Write to Armstrong for a brochure on ceilings: P.O. Box 3001, Lancaster, PA 17604.

■ For information about Bedsack bed-clothing, write: Perfect Fit Industries (Ravonne Morris), 201 Cuthbertson Street, Monroe, NC 28110.

wise buys

do your homework

Larry and Kerry researched furniture styles and periods, learning to recognize good design. When the Brackens hit the stores, they had in hand the dimensions of each room to be able to make on-the-spot decisions about whether a chair or bureau would fit a particular space.

shop the sales

Buying on sale is the key to the Brackens' success. January is a good time to buy furniture at the larger retail stores. (You might also find deals right before Christmas, when stores dismantle their model rooms.) Check out the warehouse sales and closeout centers of department stores.



flea-market finds

There's always room for bargaining and good-old-fashioned haggling at flea markets. That's how Larry and Kerry got the lowest price on some one-of-a-kind items. Look for good frames and proportions. Don't be put off by existing upholstery; Kerry slipcovered her club chairs. Designer's tip: Don't be discouraged if that great table is missing matching chairs. Mixing periods is often more interesting.

A roach crawled across my son's first birthday cake.

That'll never happen again!

By Lee Rubenstein



"The roach ruined the birthday party, but Combat made the next one a success."

It was right there on the frosting. A roach!...sitting beside the only candle on the cake. Everybody saw it—my mother and grandmother who'd driven up from San Diego. My in-laws who had flown in from Chicago. A lot of friends and neighbors. Everybody that I could possibly be embarrassed in front of was in that room. And to think I had to wait for a dreadful scene like that to find out about the COMBAT® Roach Control System.™

Whenever I'd had roaches before, I'd have an exterminator come in. Or I'd use a fogger or I'd spray until my finger nearly broke off. But the roaches always came back. Like the bold one who found his way to Alex's birthday cake. I'll tell you, when I saw him, I dropped the cake, ran into the other room and burst into tears. Of course, nobody wanted any cake after that. Fortunately, I had ice cream, which I served, but the party soon broke up. Thank goodness, one of my neighbors stayed on and suggested I get Combat discs.

I figured: What have I got to lose? I put Combat discs under the kitchen sink. In the cupboards. Others at the baseboards. What I particularly like about Combat is that it's self-contained. Not like sprays, which get all over the floor. That used to worry me, especially when Alex would drop a toy. I was always afraid he'd put it in his mouth and get poisoned.

With Combat that's no problem. Fact is, I have no more roach problem in my apartment. That's how good Combat is. And that's why I've recommended it to a lot of people since then.

It might interest you to know that my husband and I manage an eighty-unit apartment complex. Not too long ago one of the tenants called me about her roach problem. So I gave her some Combat discs. And they worked...like they worked for me. Actually, it saved the complex a forty-dollar housecall from the exterminator. This made both my husband and me very happy.

One other thing of interest. My son has just had another birthday party, with a roach-free cake. And the guests ate all of it! Another reason for me to say: Combat is a product I'd put my name on anytime. Because I believe in it!

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The COMBAT® Roach Control System™ is completely different from any spray or fogger you've ever used.

That's because Combat contains a powerful ingredient, called *Hydramethylnon,* that is not available in any other roach killer you can buy.

Here's how COMBAT works:

Roaches, seeking food, find and enter Combat discs. Once inside, a unique design guides them to the bait.

Roaches then carry the poison bait back to their breeding nests, exposing the entire roach population to the unique Combat poison. When other roaches share the poison, they die too. Even the eggs they carry die.

Combat reduces roach populations so effectively that, when used as directed, you may never see roaches again.

If you have any questions about Combat, simply write: American Cyanamid, Consumer Affairs, Dept. 697, Rte. 46, Clifton, N.J. 07015



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The ups and downs of the Duchess



THE NEW YORK

Sarah Margaret Ferguson and her charming prince obviously loved the roar of the crowd at their wedding in 1986

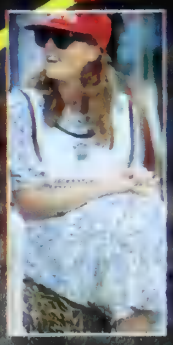


THE FERGIE FLIES: The plucky duchess was still popular when she earned her pilot's wings



REAR GUARD: Diana and Sarah joked as they towed Ascot spectators in the backside with brollies. No one else laughed

GOOD-TIME GAL: Fergie voted "most fun" royal, but also one of least intelligent



NUMBER ONE: Sarah finally pulls ahead of Diana in yet another royal popularity poll

ON THE SKIDS: The public wa appalled when expectant Fer refused to sta off the slopes



Fat, frumpy, a fly-by-night mother: The Duchess of York is Fleet Street's favorite target. But now she's slimming down and spending more time with Baby Bea. Has the most criticized royal finally started to hit her stride? BY SUSIE PEARSON

THE FERGIE follies

She's the royal they love to ridicule, the rotund one who's been crowned the "Duchess of Pork." Motherhood usually halts the heckling—it certainly improved Diana's flighty image—but Sarah Ferguson has come in for even *more* than the usual criticism since the birth of daughter Beatrice last August. The headlines brayed that Fergie was not only an overweight, underemployed dowd, but also an indifferent mum who left her helpless babe behind while she followed the fleet with Prince Andrew, her Royal Navy spouse. Can this *(continued on page 243)*





ALIFORNIA GIRL:
e wowed them
L.A., but the
its blanched when
e talked about
e palace toilets



BOTTOMING OUT: Fergie hits her heaviest ever—205 pounds



MUM'S THE WORD: They loved her when she had little Baby Bea

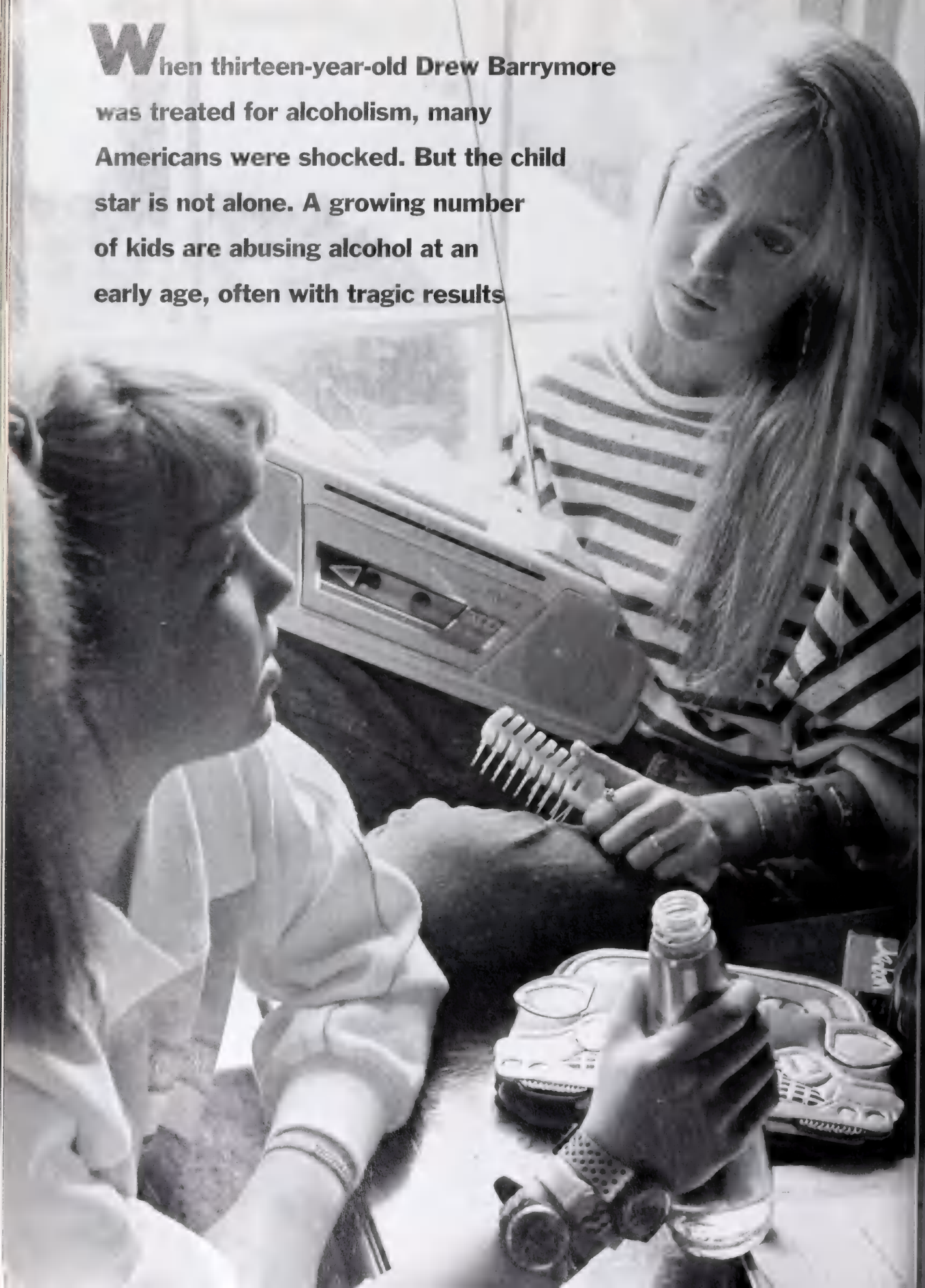


DISASTER DOWN UNDER: The press wanted Fergie to cuddle Bea, not a koala

THE 1989 MODEL

Sarah loses sixty pounds and regains legions of fans. Her critics quiet down for now

What does the future hold for Fergie? Will she outshine Di? Will she even try? Stay tuned



When thirteen-year-old Drew Barrymore was treated for alcoholism, many Americans were shocked. But the child star is not alone. A growing number of kids are abusing alcohol at an early age, often with tragic results



Alan Bernstein

bottle babies

By Stephen Phillip Policoff

Drew Barrymore was only seven when her charismatic cuteness propelled her down the road toward movie stardom in the megahit *E.T.* Not long after, she stumbled on a different path: At age nine, she had her first drink; at ten she tried pot; at twelve, cocaine. Soon she was out of control—drinking heavily, throwing tantrums and stealing money from her mother.

"I had little sips here and there, and if you can't control it, it gets progressively worse," she admitted last winter, during an interview on "Good Morning America," after she left a rehabilitation program for alcoholics. Unfortunately, she says, she was one of those people who lost control.

You may have been shocked when you read about Drew, but she probably seemed remote, a product of the fast-lane world of Los Angeles and New York. Most likely, you never thought preteen alcoholism was something that could happen in your town—and certainly not to members of your family.

But you were wrong. "Fast-lane kids like Drew may have more money to spend on getting high, but the problem of preteen addiction cuts across all boundaries," says David Lewis, M.D., medical director of the ASAP Family Treatment Center, in Van Nuys, California, where the young actress went for treatment. "Most kids at ASAP could be your neighbors—children from Anytown, U.S.A."

From farm communities to cities around the country, the problem of preteen drinking is growing—fast. Consider these disturbing statistics:

According to a recent survey of 203,000 students across the country, by National PRIDE (Parents' Resource Institute for Drug Education), about 30 percent of students in grades six to twelve have tried beer or wine coolers in the past year. The pressure starts even earlier; a *Weekly Reader* survey found that 41 percent of fifth graders were being urged by their peers to try alcohol.

Frank Moran, manager of adolescent services at the McDonald Treatment Center, at *(continued on page 238)*



Ivana Trump

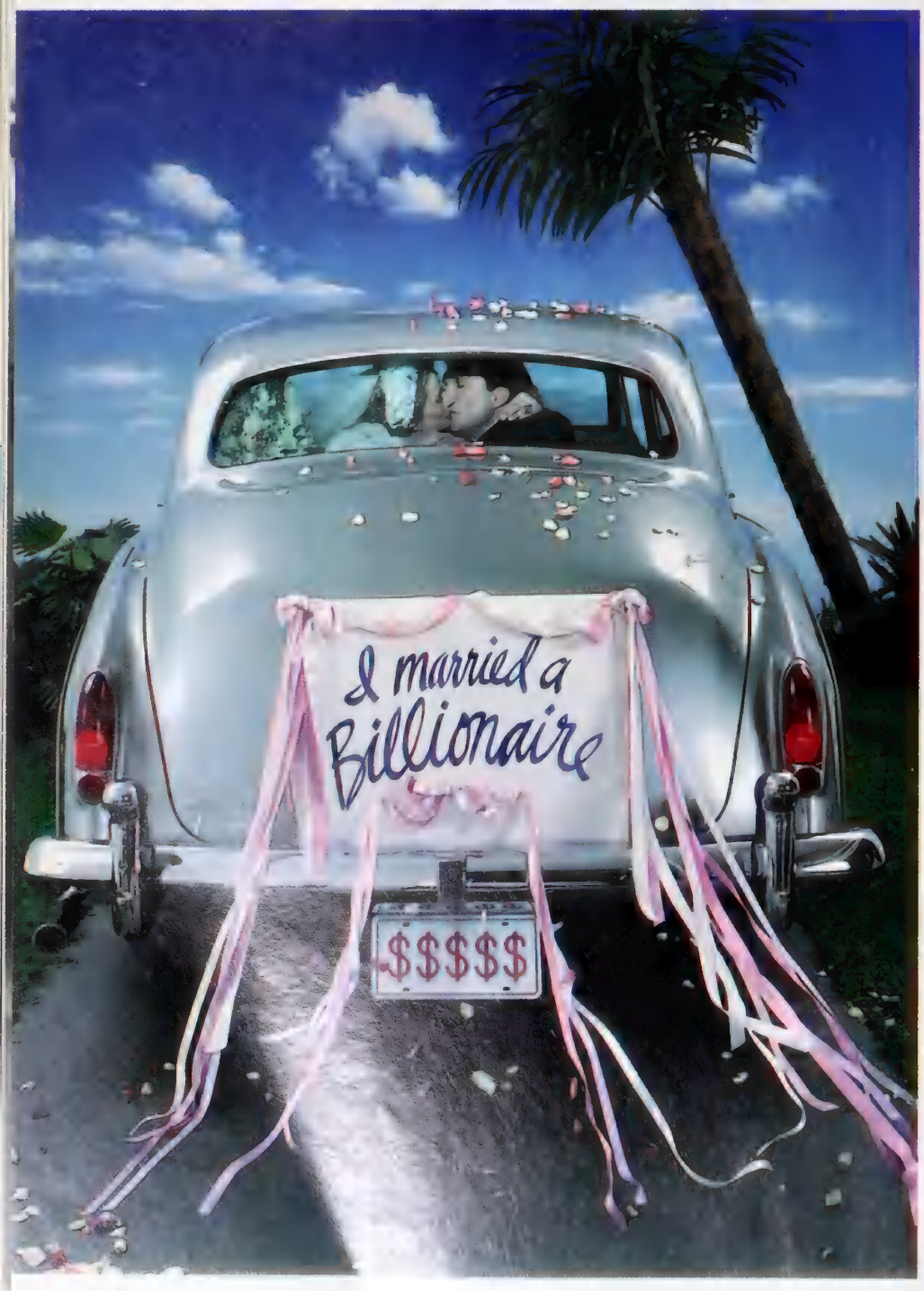
married 12 years

husband's net worth

$1 billion - $3 billion

For richer

and





Mercedes Kellog Bass

married 5 month

husband's net wor

$1 billion - $2 billi



Helen Walton

married 46 years

husband's net wo

$7.4 billion

Magnificent homes, drop-dead diamonds, fabulous furs—these women enjoy the kinds of luxuries that most of us only imagine. But their lives weren't always so lavish. Here's how they met their mates—and found their fortunes. By Nancy Cooper

RICHER



Barbara Davis

married 38 years

husband's net worth

$1.6 billion



Patricia Kluge

married 8 years

husband's net worth

$ 3.2 billion



Margot Perot

married 33 years

husband's net worth

$ 3 billion

There are slightly more billionaires in America than there are stars on the American flag: fifty-one, by the last count at *Forbes* magazine. True to the American Dream, the majority of these tycoons are self-made, and they weren't inclined to quit working when they hit the magic mark. Only four of them are female, however, and all those women have inheritances to thank.

Which means that most of the ultrarich women in this country married into money. Not all their husbands were so flush when they wed, to be sure. In some cases, the wives helped make their fortunes; in others, they simply spend them. But however deluxe their lifestyles, these lucky ladies must dwell in the real world, too. Just like their hard-driving husbands, most want some purpose in their days; some have their own job, or give meaningful time and effort to causes besides their own families.

And not everything is Palm Beaches and cream, of course. There are always concerns about privacy and personal safety—even kidnapping—that average-income families never face.

So what's it like to be Mrs. Billionaire? *Ladies' Home Journal* pulls aside the sable curtain to give you an inside look at six of the wealthiest lives—and wives—in the U.S.A. *(continued)*

For richer and RICHER







Gadabouts and stay-at-homes: Both the Basses (left) and the Kluges (above) love to ride Manhattan's social merry-go-round; Sam and Helen Walton (center) prefer the simple life in rural Arkansas

Patricia Kluge

Centerfold Cinderella

John Werner Kluge parlayed a Maryland radio station into Metromedia Inc. and a $3 billion fortune. But the German-born tycoon had a dream left to fulfill: He longed for a country retreat in Virginia. His third wife, Patricia, made it happen—and how. The result of their vision is Albemarle Farms, six thousand-plus woodsy acres outside Charlottesville, Virginia. The Kluges replaced the property's original house with a forty-five-room neo-Georgian mansion. "The idea behind Albemarle House was to establish a family seat in the English tradition," Mrs. Kluge explains, so the couple bought everything a landed English family might inherit over centuries: eighteenth-century antiques, Portuguese and French rugs, George III saltcellars, silver-gilt goblets. The estate has its own stables and carriage house, conservatory, croquet lawn, rose garden and chapel (complete with an as-yet-unused family crypt). Albemarle also has things an English nobleman never thought of: a disco, a golf course designed by Arnold Palmer, and a helicopter landing pad.

Showing off her assets is nothing new for Mrs. Kluge. She was born in Baghdad of a British father and Scottish-Iraqi mother, and when she moved to England as a teenager, her dark good looks and exotic background helped her find work—as a belly dancer. She was discovered at a belly-dancing club by Russell Gay, owner of *Knave*, a British skin magazine. Patricia married him, and began to pose nude for *Knave* and to write a sex-advice column for the magazine. But by 1980, when Patricia met Kluge in New York, the Gays were divorced. The tycoon, still married to his second wife, was smitten: He got a divorce and even converted to Roman Catholicism, Patricia's religion. In 1981, they were married in St. Patrick's Cathedral, in New York, and have since adopted a baby son.

At Albemarle, Kluge, seventy-four, and his fortyish wife entertain in a style that matches the surroundings. Friends like Frank and Barbara Sinatra and King Juan Carlos of Spain can tour the estate in a horse-drawn carriage or take part in English-style shooting parties. The grounds are stocked with more than ten thousand pheasants, ducks and partridges. To make sure there are enough game birds to satisfy their guests, the Kluges are determined to keep *other* predators away: More than a dozen dogs belonging to the Kluges' neighbors have turned up dead on the Albemarle property, causing a scandal. The locals were in all likelihood equally put off by the Kluges' country-Western–style housewarming, complete with spit-roasted buffalo, chandeliers hanging from barn rafters, and perfectly picturesque cows—which had been fed a constipation-inducing diet before the party to keep them from soiling the barn floor.

In New York the Kluges maintain a triplex that is lustrous with silk-satin upholstery and marble columns. Crystals (for good vibrations) are scattered around the living room. Dressed in elegant gowns by Scaasi, Patricia appears at many society charity functions. She was even set to be Charles and Diana's hostess at a ball in Palm Beach when they visited the United States several years ago. But the tabloids scolded, "DI'S PORN QUEEN HOSTESS" when the news came out, the Kluges came down with a politic case of the flu, and the ball went on without them. That hasn't been the only royal embarrassment for the Kluges. When one of the couple's carriages won a competition at the Windsor Horse Show, Queen Elizabeth presented the award—to the Kluges' driver. She chatted with him a moment, then turned her back, reportedly leaving Mrs. Kluge curtseying to thin air. But Patricia seems at peace with her past. As she said a few years ago, "I'm not ashamed of it. It was very amusing, I have to say."

Mercedes Kellogg Bass

Catch of the year

They met at Blenheim Palace in Oxfordshire, the home of the Duke of Marlborough, in June 1986. *She* was Mercedes Tavacoli Kellogg, *(continued)*

Photos from left: Ron Galella, Wesley Mann/Kobal Memorial Picture Group, Brian Gadsby/Gamma.

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For richer and RICHER







Center stage and behind the scenes: Ivana Trump (left) helps Donald run his empire, while the more traditional Margot Perot (center) and Barbara Davis (above) concentrate on charity work—and let their husbands bring home the caviar

(continued) forty-two, an elegant brunet of Iranian birth. *He* was Sid Bass, forty-four, namesake of a famous Texas wildcatter and heir to one of America's largest family fortunes. With a net worth of between $1 billion and $2 billion, he was also "attractive," society writer Suzy said. "Many times rich men are hideous." They were married to other people at the moment (and he had two daughters), but the attraction between Sid and Mercedes was irresistible. The scandal developed more slowly. That September friends saw them holding hands. There were sightings in Paris and in the Hamptons. Finally they ended their respective marriages: his, of twenty-three years, to Anne Hendricks Bass, hers, of fourteen years, to Francis Kellogg, a former U.S. diplomat. The gentlemanly Kellogg was rich, but not *superrich* like his rival. "It was the first stop," one New York socialite was quoted as saying of Mercedes's marriage to Kellogg. "She was always on the move."

It cost Sid Bass almost $200 million to get free. But he seems to feel his new Mercedes is worth it. The sexy, vivacious Mrs. Bass, who favors the fashions of Givenchy, regularly makes the International Best-Dressed List and the social scene. Some observers wondered how Sid's conservative parents, Perry and Nancy Lee, who keep a low profile in Fort Worth, would cotton to their son's flashy new love. But Mercedes seems to have won them over. The night before the wedding last December, the elder Basses celebrated with a dinner for 166 guests at the Engelhard Court of the Metropolitan Museum of Art, in New York City. The room was decorated with vines, red ribbons and red flowers. The tablecloths were green. Pink lights made everyone look more beautiful—but Mercedes was already radiant, showing off her engagement ring, a square-cut emerald flanked by two pear-shaped diamonds. The dinner included lobster, pheasant bouillon and quail, plus $100-a-bottle champagne. "I have a wonderful woman, and we're very much in love," Sid said. "Yahoooo!"

The couple were married at noon the following day at the Plaza Hotel. The bride, in a white lace Givenchy, was tearful; the groom, elated. After a reading from *The Prophet*, the 157 guests sat down to a lunch of caviar, lamb, praline soufflé and wedding cake. The band played "The Eyes of Texas," and Texas rebel yells punctuated the celebrations. "I cannot believe this is true, baby," the new Mrs. Bass whispered to a guest. In her toast the bride told her guests that she had thought men like her new husband existed only in movies or fairy tales. Or in Disney World, she might have added, seeing that Sid and his brother Lee own about $1 billion worth of Disney stock. In fact, Disney World was the site of their three-day honeymoon. Then they hurried back to the Upper East Side and perhaps the Battle of the Basses, as the anticipated face-off between Sid's present and former wives is being billed. "It should be as good as a novel," *Women's Wear Daily* sniped happily.

Margot Perot

The hero's heroine

My dream is to die dancing with my wife Margot when I'm ninety-four," H. Ross Perot once said. "Ninety-four or beyond." The fifty-eight-year-old Texas billionaire met pretty Margot Birmingham on a blind date while he was a midshipman at Annapolis in the early 1950s. He was then—and still is—a five-foot-six torpedo of energy and ambition. They married in 1956, and since then she has remained quietly beside him while he rushed noisily forward.

Perot began his career as a salesman for IBM. His success there was legendary, but he soon wanted a new challenge. In 1962, sitting at the couple's kitchen table, he drew up the plans for a data-processing company he called EDS. When he couldn't find investors, Margot—along with his mother and sister—became the newborn company's board of directors. His own stake in the company: $1,000. Six years later EDS went public, and Perot was worth $350 million. "Ross sure didn't mind getting rich," his sister Bette has said. "But, you know, after his wedding or the birth of his children, I think I know what was the single greatest day in Ross's life—the day he made Eagle Scout!" Perot takes the "duty to God and country" pledge seriously. In 1969 he flew to Vietnam to deliver Christmas dinners to American POWs in Hanoi. Ten years later, when two EDS *(continued on page 247)*

How some pantyhose
see your legs.

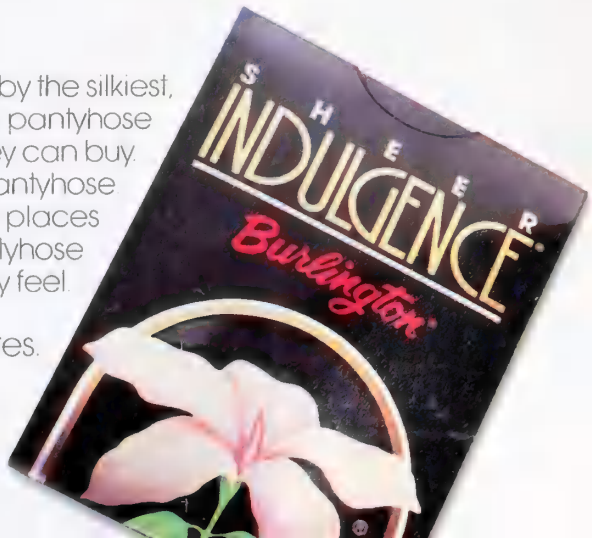


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66.

The essential little black dress . . . A simple but sexy cotton sheath by Tapemeasure that makes a splash at the beach or about town. Note the designer details—low scooped armholes, a seductively baring V-back.

How to put together a chic ummer wardrobe on the cheap? It's all right here in black and white . . .



Model, Robyn Summers of Click.

75.

Isn't it romantic . . . This charming white piqué dress by Betsey Johnson is a look you can bank on. It's a body skimmer that's flattering for everyone. Feminine flourishes? Heart buttons and a ruffle, just for the frill of it.

By Lois Joy Johnson, Beauty and Fashion Editor


16.
Mistakeproof style . . . We love this Lands' End black polo shirt—a basic that lends crispness to everything.
40.
An American classic . . . Straight-leg white jeans—these are 501's by Levi Strauss—will become your everyday signature.
Buy smart this season:
Black and white gives
instant sophistication
to inexpensive clothes


32.
Summer whites . . .
A can't-live-without
cotton tee by Liz
Claiborne. Shoulder
pads and a pocket
add a touch of class.
29.
Sweater sense . . .
A cabled cardigan by
Lands' End to tie
around your waist or
your shoulders.
36.
Skirt the issue . . .
This cotton pleated
number from J. Crew
is long and breezy,
and easily takes you
from day to dinner.



Stripe it rich! The hottest look right now is stripes, and in bold black and white, they can't be beat

34.

A trendy turtle . . . Go casual when the afternoon cools, with J. Crew's jaunty comfy cotton striped turtleneck.

90.

It's a wrap . . . Toss last year's pull-on knit skirt—the news now is a longer wraparound version. Our pick, by Joan Vass, USA.


18.
C'est magnifique—
A long-sleeve striped
tee by Lands' End
looks très français—
tops for daytime.
48.
Take a walk on the
style side. . .
White linen walking
shorts are wardrobe
boosters. These, from
Krizia at the Limited.


Paris in your
Parfum BIC Jour For Day
Parfum BIC Nuit For Night
Parfum BIC
New! Four crazy little pocket perfum



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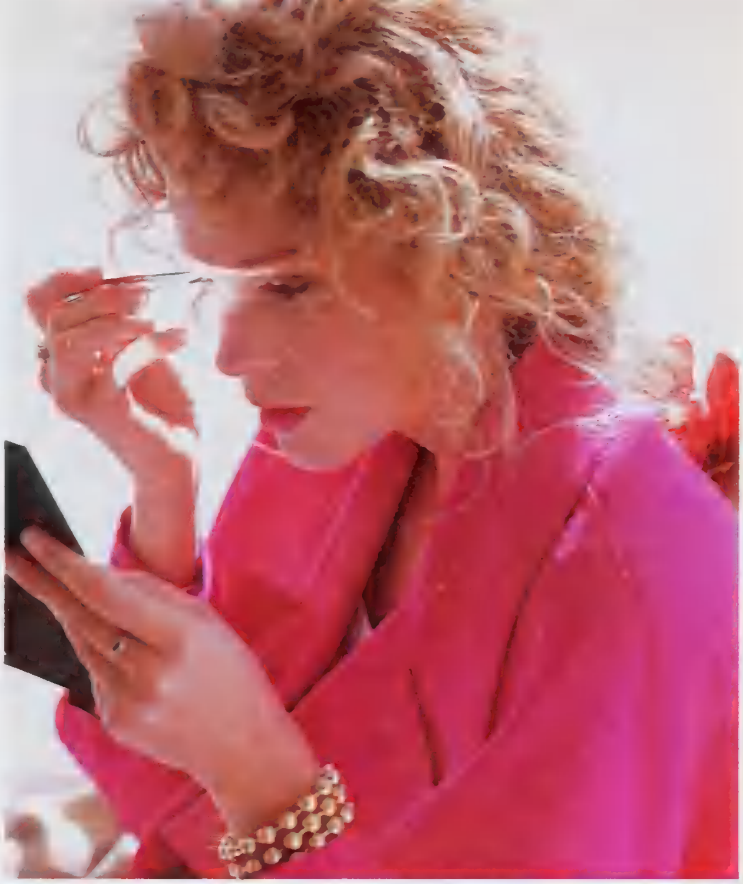
Parfum BIC

beauty smarts

A brainstorm of bright ideas to make the most of your looks all summer



Try a makeup routine with all-day staying power



- ✔ Apply oil-free moisturizer (great: Clarion Oil-Free Moisturizer); skip T-zone.
- ✔ Switch to a water-base or oil-free foundation (our pick: Maybelline Shine Free Oil Control Make-up).
- ✔ Press on loose, oil-blotting powder to set base. Try CoverGirl Oil Control Colorless Finishing Powder.
- ✔ Wield a waterproof or powder eye pencil and waterproof mascara—Revlon's new Fashion Tech Pencils come in hot-for-summer shades.
- ✔ Choose a powder blusher or a powder/cream formula if skin is dry.
- ✔ Smooth on a stay-put powder lipstick. Look for Revlon's Powder-On Lipcolor.

Put a healthy shine back in your hair

A few ways to reverse winter ravages ■ Each day use a protein-enriched shampoo and conditioner such as Clairol's condition* Shampoo and Conditioner (protein smooths the cuticle, making hair look shinier). Lather once, and concentrate conditioner on ends. ■ Deep-condition damaged or processed hair weekly. ■ Avoid daily appliance use by getting a perm or a cut that works with hair's texture. ■ Give hair a salon glossing treatment. L'Oréal's Majigloss lasts all summer.



All photos, Bira Stupakoff. Details, page 251.

Let winter-pale legs go for the bronze

No need to hide ghostly-white gams. With a self-tanning lotion and our expert tips, you can go without hose. **Exfoliate** legs with a mild sloughing product the night before applying a self-tanner so there aren't any flakes for color to catch on (shave legs an hour before applying tanning lotion). **Smooth on** a thin layer of tanning lotion, working up from feet. We recommend Coppertone Sunless Tanning Lotion and Clarins Self Tanning Milk. Don't forget backs of legs and knees, tops of feet, and toes. Try a cosmetic sponge for even application. **Apply lotion** on your entire leg up to pantyline, even if most of your skirts and shorts are knee-length. Three to four hours later you'll be tan and terrific; the tan lasts four or five days. Wait at least three hours before swimming or dressing.

Opposite page: Model, Clare Hook of Click; hair and makeup, Alfonso Noe for Cloutier. Top: Model, Rosie Vela of East West Models; hair and makeup, Alfonso Noe for Cloutier. Left: Hair and makeup, Deborah Howell for Cloutier; pedicure by Deborah Esposito. Robe, Victoria's Secret; jacket, Anne Klein; shirt and shorts, Vanda Mazoo.



Revel in bareable skin

✔ Every time you shower or bathe, use a superfatted soap or body shampoo such as Calvin Klein's Obsession Body Bath Shower Gel. Smooth unsightly foot calluses with a gentle pumice stone.

✔ If chest and back are acne-prone, try an antibacterial cleanser or soap and a once-a-week oil-absorbing masque, like Neutrogena Acne Mask.

✔ Massage arms, legs and buttocks with a slougher. Remember, the rougher the slougher the gentler your touch should be. Count on Estée Lauder Body Smoother Exfoliating Creme.

✔ Lock in moisture on damp skin with a fast-absorbing moisturizer—the newest are nonsticky oils and gels. Use Alpha Keri Moisturizing Spray Mist, Neutrogena Sesame Body Oil, Moisture Lock Body Formula by Clinique or Almay Stress Body Moisturizer.

✔ Conceal spider veins with body makeup such as Lydia O'Leary's Cover-mark or Dermablend by Flori Roberts.



Grow out a haircut you hate

Oh, no—another salon disaster! Here, four great ways to rescue an unsightly do. ❶ Smooth out choppy layers with a Bacall-inspired side part. Use a round brush and a blowdryer to create a smooth, classic shape. ❷ Try extra-volume products to add fullness to a too-short cut, or use gel to sculpt in a close-to-the-head wet look for the beach. Look for L'Oréal Studio Line Mega Mousse, Suave Styling Mousse, Finesse Sculpting Formula Gel or Dep for Styling Super Hold Gel. ❸ Add accessories! What's new? Day-glo bandannas, big, floppy chiffon bows and charmed hair elastics. ❹ Try a temporary perm. Epic Waves by Toni is a new at-home perm line with three formulas: Try-On Perm allows your hair to gradually return to normal in two weeks; Adaptable Perm lets you control the amount of perm you want, and Anytime Perm is a supergentle formula that allows you to perm nine times a year.



Look years younger for your reunion

Here's how to make them say you look better than ever. ■ Treat face, neck, décolletage and backs of hands to a hydrating masque that plumps up skin. Your best bet: Hydra-Bleu Cool Hydrating Masque by Lancôme. ■ Firm up your face, especially the eye area, with moisturizing gels. Try Revlon's Anti-Aging Firmagel Moisturizer with Sunscreen and Antiaging Firming Eye Gel. ■ Keep makeup sheer and softly blended. ■ Lift the face by applying blush in an arc from cheekbone to temple. ■ Fill in brows and brush up. ■ Wear a clear lip color—rosy pinks, blue-reds and warm corals are best.

Opposite page: Melena Martz of Elite Model Management; towel, Ralph Lauren. Top, left to right: leotard, Danskin; bow, Debra Moises; leotard, Danskin; hair accessories, Riviera; tank, DKNY; scarf, Debra Moises. Left: Model, Beth Rupert of Click; hair and makeup, Deborah Howell for Cloutier.



Lose five pounds instantly—with the magic of makeup

Save face with our clever ways to slim down your features.

✔Contour a plump jawline by shading just under your jaw from ear to ear with tawny blush. Hide the beginning of a double chin with the same blush, but brush back from tip of chin to top of throat. Try Il Makiage Taupe for Contour.

✔Nose-to-mouth expression lines deepen when you're even a few pounds overweight. Minimize the lines with one of the new moisturizing concealers or a line-filler product. Two that will take care of the problem: Revlon Line Concealer with Luminix and Revlon Line Filling Concealer.

✔Magnify eyes and mouth to balance facial proportions, compensate for a fuller face. Go just beyond natural borders and shape a fuller mouth and a longer, rounder eye. Fatten lashes with two helpings of Max Factor's 2000 Calorie Mascara.

Make a quick shower feel like a beauty bath

No time for a languorous soak? ■ Lather up with a superemollient cleansing gel. You'll love Jean Naté Sensational Shower Gel and Vitabath Gelée ■ Invest in a massage shower head to detense muscles ■ Smooth on moisturizer and dust body with a fragrant bath powder. Try Yves Saint Laurent Paris Perfumed Pressed Bath Powder and Vanderbilt Body Powder by Gloria Vanderbilt.

Get a sun-kissed look without the risk

No need to spend a second under those harmful rays to get a healthy glow **Apply a sun block** with an SPF of at least 15. Our top choices: Vaseline Intensive Care Moisturizing Sunscreen Lotion SPF 25, Coppertone Waterproof Sunblock Lotion with Vitamin E and Aloe SPF 15, Neutrogena Paba-Free Sunblock SPF 15 **Dust on bronzing powder** or blush. Look for a tawny-golden, close-to-skin tone. Try Guerlain's Terracotta Doré, Chanel Golden Sun Powder Blush or Avon Color Active Bronzing Powder. **Avoid a fake tan look** by using a fluffy brush. Apply bronzer where the sun would highlight your face.

Turn up the volume with a soft no-set look

To make hot roller curls more natural: ■ Section hair with *fingers* ■ Stick to large rollers and roll loosely. Trick: Twist sections loosely before rolling ■ Roll from base of hair and leave ends out ■ Place rollers randomly, not in rows ■ After unrolling, finger-comb with hair flipped forward. ■ For really fast sets, try Clairol TimeSaver Quick Heat Rollers—they heat up in ninety seconds!




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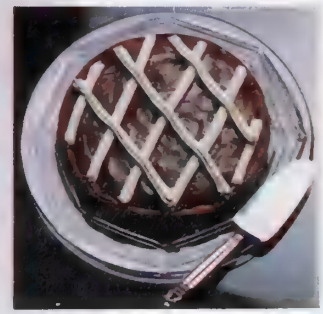
As welcome as the flowers in spring . . . a host of easy-to-make meals

may

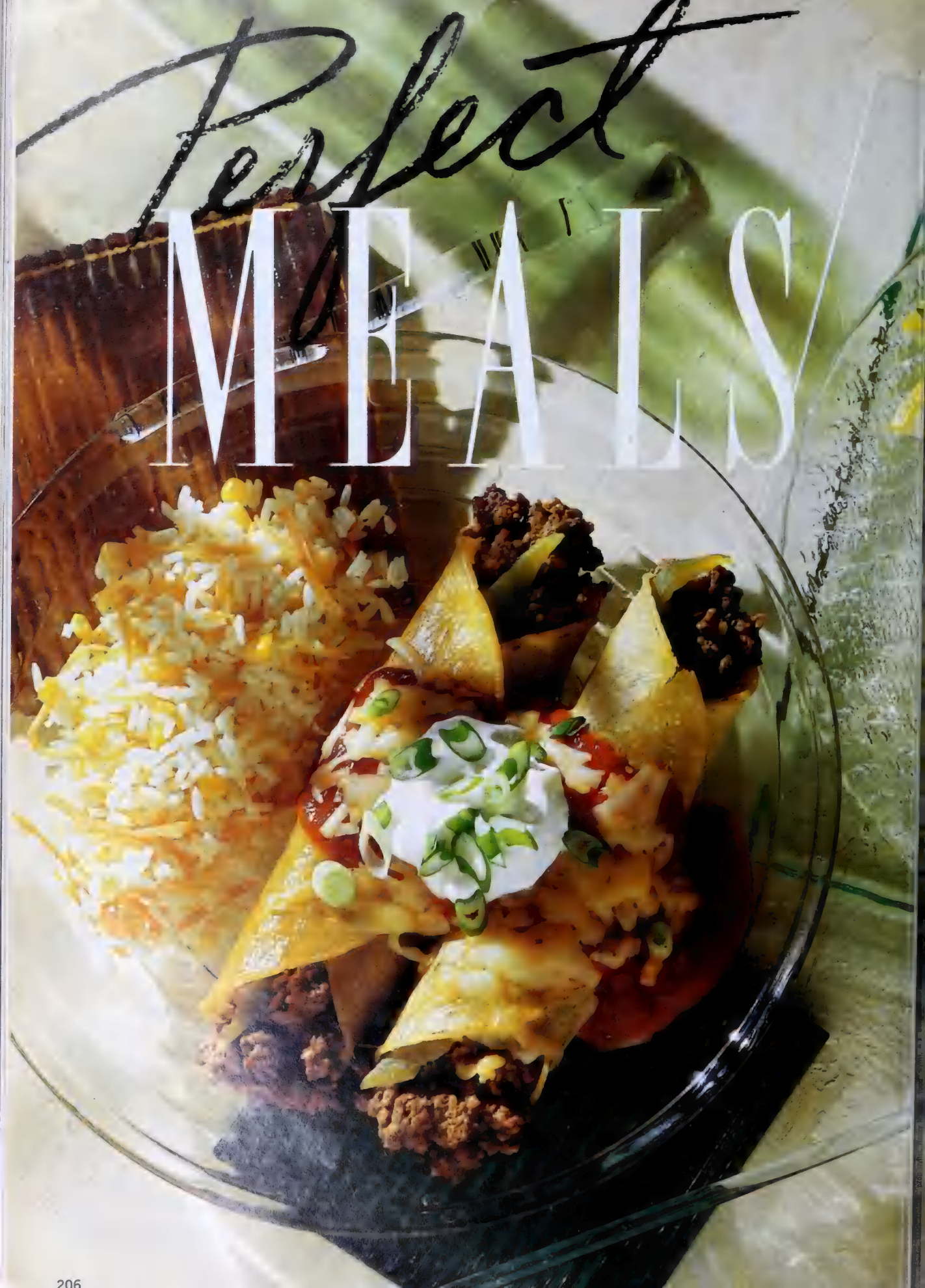
LADIES' HOME JOURNAL TRIPLE-TESTED RECIPES

Food JOURNAL



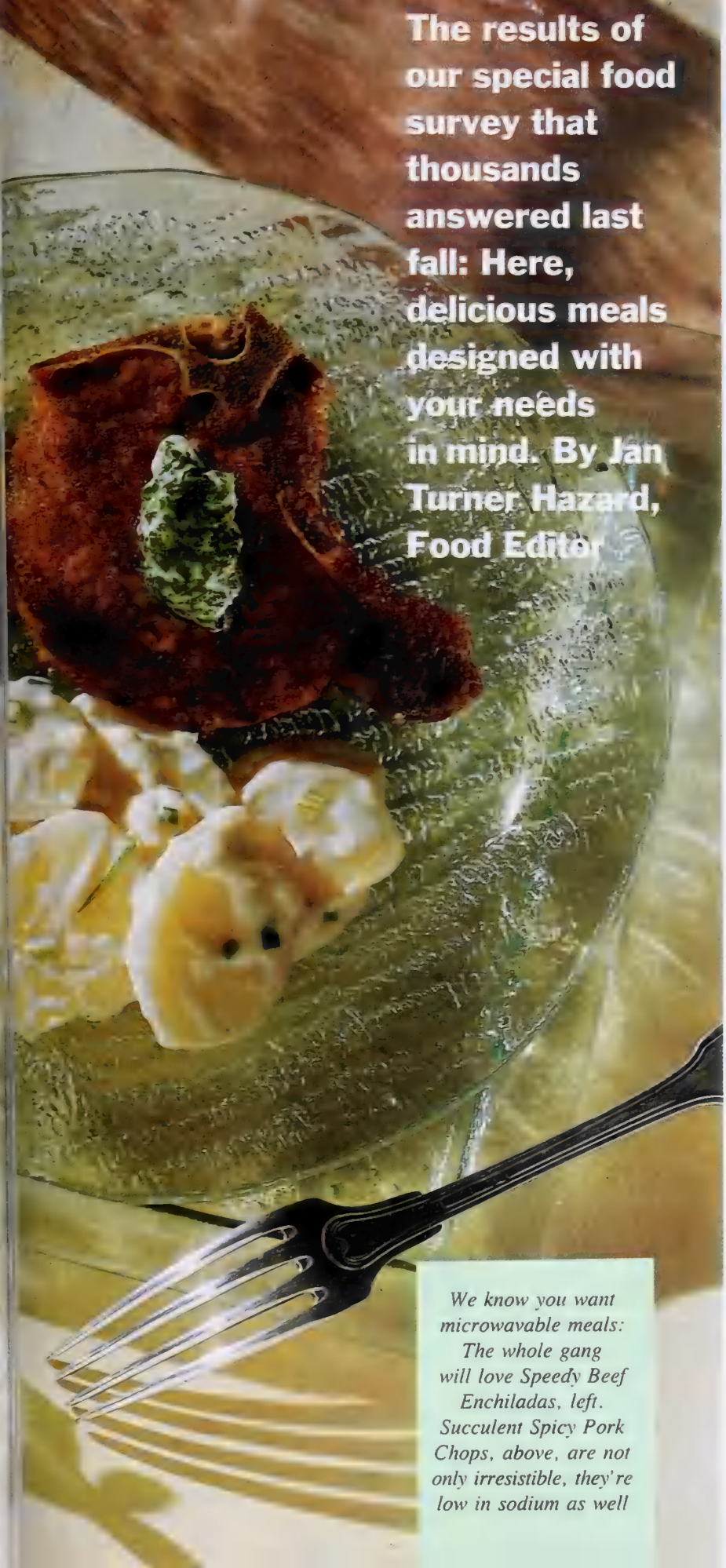


The merry month of May, and each morning is lovelier than the last. Grace a glorious day with one of our ***PERFECT MEALS***—recipes created especially to suit your lifestyle . . . And to serve up these delicious dishes, count on the tried-and-true tricks of the professionals. Our ***CHEFS' COOKING SECRETS*** are guaranteed to make you the kind of kitchen wizard you've always wanted to be . . . For the finale, it's ***NOTHING BUT CHOCOLATE***, a toothsome treasure trove of irresistible cake masterpieces just made for the sweet season. Now sit back and watch the roses grow.


Perfect
MEALS

30-minute weekday meals

The results of our special food survey that thousands answered last fall: Here, delicious meals designed with your needs in mind. By Jan Turner Hazard, Food Editor



We know you want microwavable meals: The whole gang will love Speedy Beef Enchiladas, left. Succulent Spicy Pork Chops, above, are not only irresistible, they're low in sodium as well

Speedy beef enchiladas

If you like enchiladas three-alarm spicy, substitute pepper cheese for the Monterey jack.

Prep time: 20 minutes ○Ⓜ
Microwave time: 8 to 9 minutes

1 pound ground beef
1 teaspoon minced garlic
1 teaspoon chili powder
¼ teaspoon each *salt and pepper*
½ cup enchilada sauce, divided
6 large (7-in.) corn tortillas
2 teaspoons vegetable oil
1 cup each *shredded Cheddar and Monterey jack cheese*
1 can (4 oz.) whole green chilies, drained and cut into 12 strips

Combine beef, garlic, chili powder, salt and pepper in microwave-proof pie plate. Microwave on High, stirring twice, until cooked, about 6 minutes. Drain. Stir in ¼ cup sauce. Brush tortillas with oil. Stack, cover and microwave until soft, about 1 minute.

Combine cheeses and place half in strips down center of tortillas. Top each with 2 strips chili and ⅓ cup beef mixture. Roll up and place seam side down in microwave-proof dish. Top with remaining sauce and cheese. Cover. Microwave on Medium-High (70% power) 8 to 9 minutes, turning dish once. Serve with sour cream and sliced green onions. Makes 4 servings.

Nutrition info per serving: 600 calories, 36 gm protein, 40 gm fat, 25 gm carbohydrates, 1,042 mg sodium, 124 mg cholesterol.

Succulent spicy pork chops

Today's leaner pork cooks very quickly.

Prep time: 9 minutes ○
Cooking time: 8 minutes

2 tablespoons butter, softened
1 tablespoon chopped parsley
¼ teaspoon minced garlic
¼ teaspoon grated lemon peel ▶



You said you're too busy to fuss with suppers, so try this trio of sure-to-please quick meals, clockwise from top: Tomato-Mushroom Pasta, One-Skillet Country Captain and Seafood-Stuffed Sole

Perfect 30-minute weekday meals

You told us you're health-conscious. Our ideas are so inventive, you won't know they're good for you!

(continued) 1½ teaspoons each ground coriander and ground cumin
½ teaspoon oregano
½ teaspoon freshly ground pepper
1½ pounds pork chops, ½-inch thick
2 teaspoons vegetable oil

Combine butter, parsley, garlic and lemon peel in bowl. Mix coriander, cumin, oregano and pepper in plastic bag. Add pork chops; toss to coat.

Heat oil in 10-inch cast-iron skillet over medium-high heat, until smoking. Add half the chops at a time and brown both sides, about 2 minutes each side. Top with pat of flavored butter. Makes 4 servings.

Nutrition info per serving: 280 calories, 22 gm protein, 20 gm fat, 1 gm carbohydrates, 125 mg sodium, 97 mg cholesterol.

Seafood-stuffed sole with orange hollandaise

This recipe combines microwave and conventional cooking methods, saving time and flavor.

Prep time: 7 minutes ○Ⓜ
Cooking time: 15 to 20 minutes

3 tablespoons butter, divided
½ teaspoon minced garlic
¼ teaspoon each *thyme, salt and freshly ground pepper*
Pinch ground red pepper
⅓ cup chopped green onions
⅓ cup chopped red pepper
4 ounces imitation crabmeat, chopped
½ cup plain dry bread crumbs
4 sole fillets (6 oz. each)

Hollandaise

2 large egg yolks
1 tablespoon fresh lemon juice
½ teaspoon salt
¼ teaspoon grated orange peel
Pinch ground red pepper
½ cup butter, melted

Preheat oven to 425°F. Butter 13x9-inch glass baking dish.

Melt 2 tablespoons butter in medium bowl on High. Stir in garlic, thyme, salt and ground peppers. Cover and microwave 1 minute. Stir in onions and pepper; cover and microwave 1 minute. Stir in crab and bread crumbs.

Spoon crab mixture evenly on 2 fillets in prepared baking dish. Top with remaining fillets. Dot with remaining butter. Cover with foil. Bake until fillets are opaque at center, 15 to 20 minutes. Makes 4 servings.

Nutrition info per serving: 315 calories, 38 gm protein, 12 gm fat, 12 gm carbohydrates, 494 mg sodium, 114 mg cholesterol.

Hollandaise: Process first 5 ingredients in blender until smooth. With machine on, pour in hot butter in steady stream; process 5 seconds more. Makes ⅔ cup.

Nutrition info per tablespoon: 90 calories, 1 gm protein, 10 gm fat, 0 gm carbohydrates, 192 mg sodium, 74 mg cholesterol.

One-skillet country captain

Country captain is a spicy chicken dish that originated in South Carolina in the eighteenth century.

Prep time: 10 minutes ○
Cooking time: 20 minutes

1 tablespoon olive oil
1 pound boneless, skinless chicken breasts, cut into ½-inch strips

Taste the Impossible.

f you think your busy life makes great homemade lishes impossible, think again. Introducing Hunt's Minute Gourmet® microwave add-meat dinners complete with microwave cooking bag, seasonings, and a rich homestyle sauce filled with all he good things you'd put in. Here's how to get he great taste of homemade without the work.



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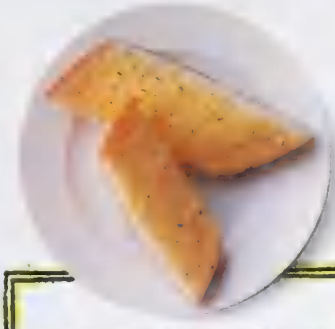
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HIDDEN VALLEY RANCH CHICKEN

2 lbs. chicken drumsticks (8 or 9)
½ cup melted butter
¾ cup grated Parmesan cheese
¾ cup cornflake crumbs
1 pkg. Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix

Dip washed & dried chicken in melted butter. Dredge in bowl of dressing mix, cheese and crumbs. Bake uncovered in well greased baking dish at 350°F for 45 minutes or until golden.
Serves 4.



HIDDEN VALLEY RANCH FRENCH BREAD

½ cup soft butter or margarine
2 tsps. Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix
1 loaf french bread

Cut loaf in half horizontally. Blend butter and salad dressing mix; spread on bread. Wrap bread in foil. Bake at 350°F 10 to 15 minutes.
MICROWAVE OVEN
Wrap bread in paper towels. Microwave on high for 1-1½ minutes.
(Times are based on use of 650 watt microwave oven.)



HIDDEN VALLEY RANCH CARROT SALAD

2 lbs. sliced & chilled cooked carrots
1 pkg. Hidden Valley Ranch® Milk Recipe Original Ranch® Salad Dressing Mix
⅓ cup mayonnaise
⅓ cup sour cream
1½ Tbs. honey

Whisk dressing mix, mayonnaise, sour cream and honey in a bowl. Add carrots and toss. Serve chilled.
Serves 4-6

Most of you like to cook big-deal meals on the weekends—prepare a large pan of lasagne and save half for a weekday supper

Perfect weekend meals

A nutritious twist to an old family favorite: Our Lasagne Verde's filled with spinach



(continued) ½ cup chopped onion
1 each red and yellow pepper, julienned
1 teaspoon minced garlic
¼ teaspoon each cumin, ginger, turmeric and ground red pepper
1 can (14 oz.) plum tomatoes
1 tablespoon chutney
½ teaspoon salt
2 tablespoons chopped green onion

Heat oil in large skillet over medium-high heat. Add chicken; sauté until just cooked through, about 3 minutes. Transfer to bowl.

Sauté onion and red and yellow peppers in skillet 5 minutes. Stir in garlic and spices; cook 1 minute. Add tomatoes, chutney and salt; cook, breaking up tomatoes, until thickened, about 10 minutes. Return chicken and heat through. Sprinkle with green onion and serve with rice. Makes 4 servings.

Nutrition info per serving: 205 calories, 28 gm protein, 5 gm fat, 11 gm carbohydrates, 519 mg sodium, 66 mg cholesterol.

Tomato-mushroom pasta

This recipe demonstrates why we're eating more pasta than five years ago—it's fast, tasty and versatile.

Prep time: 5 minutes ○
Cooking time: 15 minutes

⅓ cup chopped onion
½ pound fresh mushrooms, sliced
2 tablespoons butter or margarine
1 can (14 oz.) plum tomatoes
¼ teaspoon salt
¼ teaspoon freshly ground pepper
1 cup heavy or whipping cream
½ cup julienned fresh basil leaves
1 pound radiatore (ruffle) pasta, cooked

Sauté onion and mushrooms in butter in large skillet over medium-high heat until tender. Add tomatoes, salt and pepper; cook, breaking up tomatoes, until almost all liquid evaporates. Stir in cream; cook just until thickened. Stir in basil. Add sauce to pasta and toss to combine. Makes 4 servings.

Nutrition info per serving: 720 calories, 18 gm protein, 30 gm fat, 96 gm carbohydrates, 384 mg sodium, 97 mg cholesterol.

Lasagne verde

Lasagne remains popular for good reason. One pan feeds a crowd and can be made ahead or reheated with great results.

Prep time: 1 hour ○
Cooking time: 40 minutes

2 cups milk
1 can (13¾ or 14½ oz.) chicken broth
¼ cup butter or margarine
2 cups chopped onions
½ cup all-purpose flour
½ teaspoon thyme
¼ teaspoon salt
½ teaspoon freshly ground pepper
⅛ teaspoon ground red pepper
⅛ teaspoon nutmeg
2 packages (10 oz. each) frozen chopped spinach, thawed and squeezed dry
1 package (10 oz.) frozen mustard greens, thawed and squeezed dry
½ pound lasagne noodles, cooked
2 cups diced baked ham (½ lb.)
½ pound shredded mozzarella cheese
¾ cup grated Parmesan cheese
1 container (15 oz.) ricotta cheese
¼ cup chopped fresh parsley

Bring milk and chicken broth to boil in saucepan. Melt butter in medium saucepan over medium heat. Add onions and cook until translucent. Stir in flour and cook 2 minutes. Whisk in hot milk mixture, thyme, salt and spices; boil 2 minutes, stirring. Stir 2 cups sauce into spinach and greens.

Preheat oven to 400°F. Grease 13x9-inch baking dish. Make single layer of lasagne noodles in dish. Spread half the greens mixture on top. Sprinkle with half the ham, half the mozzarella and ¼ cup Parmesan. Drizzle with ½ cup sauce. Add layer of noodles; top with remaining greens, ham and mozzarella, ¼ cup Parmesan and ½ cup sauce. Mix ricotta and parsley; spread over top of lasagne. Top with remaining noodles. Pour remaining sauce over top and sprinkle with remaining Parmesan. *(Can be made ahead. Refrigerate up to 3 days.)* Bake lasagne uncovered until bubbly and browned, about 40 minutes. Makes 12 servings.

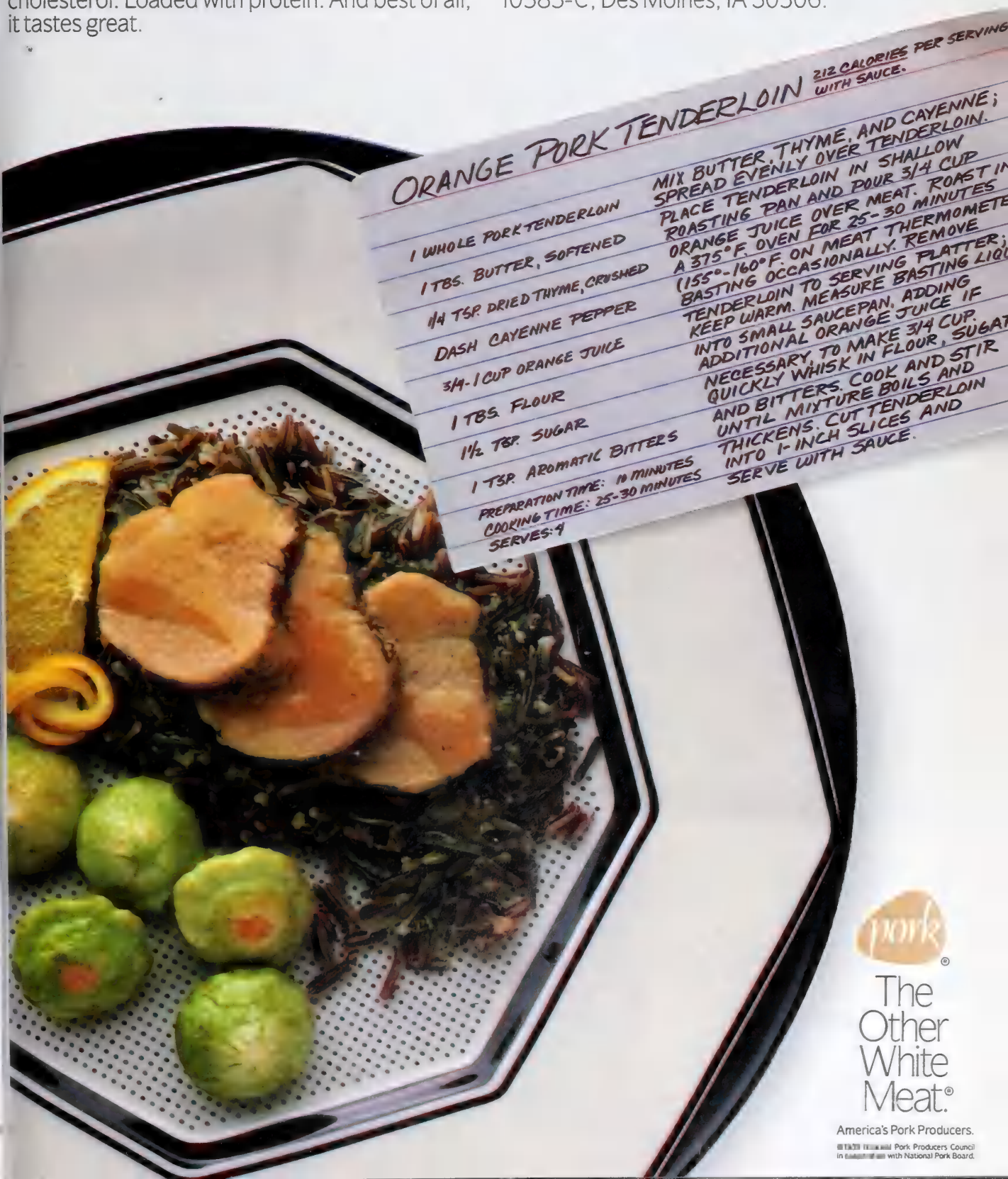
Nutrition info per serving: 335 calories, 21 gm protein, 16 gm fat, 27 gm carbohydrates, 809 mg sodium, 57 mg cholesterol.

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Perfect entertaining

Everyone wants to entertain, but who has time? Here, two menus—one's done in an hour, another cooks in advance

Seafood gazpacho

Three ingredients make this gazpacho special—spicy vegetable juice, seafood and cilantro (coriander).

Prep time: 40 minutes plus chilling ○

1 cup diced onions
2 cucumbers, peeled, seeded, diced
1 red and 1 green pepper, diced
1 can (35 oz.) Italian plum tomatoes, drained and diced fine
1 teaspoon minced garlic
1 cup tomato juice
2 green onions, sliced thin
4½ cups spicy vegetable juice
¼ cup olive oil
2 tablespoons red wine vinegar
1½ teaspoons salt
¾ teaspoon freshly ground pepper
¼ teaspoon red pepper sauce
½ pound shrimp, peeled, deveined, cooked and coarsely chopped
½ pound sea scallops, cooked, sliced
¼ cup chopped fresh cilantro

Puree onion, 1 cup cucumber, ½ cup *each* red and green pepper, 1 cup tomatoes, and the garlic and tomato juice in food processor. Pour into bowl. Stir in remaining ingredients except cilantro.

Cover and refrigerate at least 2 hours or overnight. Just before serving, stir in cilantro. Makes 8 servings.

Nutrition info per serving: 185 calories, 12 gm protein, 8 gm fat, 18 gm carbohydrates, 1,277 mg sodium, 44 mg cholesterol.

Marinated turkey breast with prosciutto

Ask the butcher at your favorite supermarket to bone the turkey.

Prep time: 35 minutes plus marinating; cooking time: 1½ hours ◒

½ boneless turkey breast (3½ lb.)
⅓ cup olive oil
¼ cup fresh lemon juice
¼ cup chopped fresh basil leaves
1 tablespoon chopped fresh oregano
2 teaspoons minced garlic
½ teaspoon salt
¼ teaspoon freshly ground pepper
4 ounces thinly sliced prosciutto
1 cup loosely packed basil leaves

Pound turkey breast ¾ inch thick between 2 sheets wax paper. Place in 13x9-inch glass dish. Whisk oil, lemon juice, chopped basil, oregano, garlic, salt and pepper. Pour over turkey and turn to coat. Refrigerate up to 24 hours turning once.

Place turkey, skin side down, on work surface. Arrange prosciutto in strip down center of meat and top with basil in strip. Starting from one long side, roll up turkey like a jelly roll. Secure ends with toothpicks and tie roll with string. Return to marinade; refrigerate overnight.

Preheat oven to 350°F. Roast turkey, basting every 15 minutes, until meat thermometer inserted in center registers 160°F., about 1¼ hours. Let stand at least 10 minutes. Serve warm or at room temperature. Makes 8 servings.

Nutrition info per serving: 375 calories, 42 gm protein, 21 gm fat, 3 gm carbohydrates, 508 mg sodium, 109 mg cholesterol.

Polenta gratin

This layered casserole combines the starch and the vegetables—and it goes well with grilled meat.

Prep time: 45 minutes ○
Cooking time: 45 to 55 minutes

1 cup yellow cornmeal
4 cups boiling water
⅔ cup freshly grated Parmesan cheese
2 tablespoons butter or margarine
2 tablespoons chopped green onion
1½ teaspoons salt, divided
½ teaspoon freshly ground pepper, divided
1 tablespoon olive oil
3 carrots, halved, sliced lengthwise ¼ inch thick
1 garlic clove, crushed
2 medium zucchini, sliced lengthwise
2 red peppers, cut into strips
1 tablespoon chopped fresh parsley
2 cups half-and-half cream
4 large eggs

Gradually whisk cornmeal into water in heavy saucepan over low heat until smooth. Cook, stirring constantly, 15 minutes. Stir in Parmesan, butter, onion, ¾ teaspoon

(continued)

DO-AHEAD DINNER

**Seafood Gazpacho*
**Marinated Turkey Breast with Prosciutto*
**Polenta Gratin*
Mixed green salad
**Nectarine Torte*



Nabisco Shredded Wheat. The cereal people love to break, crumble, crunch, mash, dunk, and even eat.

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Perfect entertaining

(continued) salt and the ¼ teaspoon pepper. Spread in 13x9-inch baking dish.

Heat oil in large skillet over medium-high heat. Add carrots, garlic and ¼ cup water. Cover and cook 5 minutes. Add zucchini, red peppers and ½ teaspoon salt. Cover and cook until tender, about 5 minutes more. Increase heat to high and cook uncovered until liquid evaporates. Stir in parsley, remove garlic and cool. Spoon vegetables decoratively on polenta. *(Can be made ahead. Refrigerate overnight.)*

Preheat oven to 350°F. Whisk cream, eggs, ¼ teaspoon *each* salt and pepper together; pour over vegetables. Bake until center of custard is set, 45 to 55 minutes. Let stand 15 minutes before serving. Makes 10 servings.

Nutrition info per serving: 105 calories, 4 gm protein, 8 gm fat, 5 gm carbohydrates, 184 mg sodium, 106 mg cholesterol.

Nectarine torte

Take advantage of nectarine season and make extra tortes for freezing. You'll thank us in September.

Prep time: 15 minutes ○
Cooking time: 60 minutes

1 pound nectarines or peaches, sliced
1 tablespoon fresh lemon juice
1 cup all-purpose flour
1 teaspoon baking powder
Pinch salt
½ cup butter or margarine, softened
1 cup sugar
½ teaspoon vanilla extract
2 large eggs
¼ cup crushed amaretti cookies

Preheat oven to 350°F. Butter 9-inch springform pan. Toss nectarines with lemon juice in bowl. Mix flour, baking powder and salt in another bowl.

Process butter, sugar and vanilla in food processor until smooth. Add eggs one at a time, processing until well blended after each addition. Add dry ingredients and process with pulses just until blended. Spread batter evenly in prepared pan. Arrange nectarines on top. Sprinkle with cookie crumbs.

Bake torte 60 minutes, until toothpick inserted in center comes out clean. Transfer to rack and cool 15 minutes. *(Can be made ahead. Wrap and freeze up to 3 months.)* Makes 8 servings.

Nutrition info per serving: 320 calories, 4 gm protein, 14 gm fat, 46 gm carbohydrates, 218 mg sodium, 102 mg cholesterol.

60-MINUTE SIT-DOWN

Baba ghanouj (Middle Eastern eggplant dip)
**Southern Shrimp and Chicken*
Rice and green salad
**Minted Fruit Bowl*

**Recipe given*



Southern shrimp and chicken

A one-pot entertaining entrée to be served in bowls with rice.

Prep time: 5 minutes ○
Cooking time: 30 minutes

5 slices (4 oz.) bacon
1½ pounds skinless, boneless chicken thighs, halved
3 tablespoons all-purpose flour
1 cup each *chopped onions and celery*
½ cup chopped green pepper
2 teaspoons chopped garlic
1 can (13¾ or 14½ oz.) chicken broth
1 bottle (8 oz.) clam juice
½ teaspoon salt
¼ teaspoon each *ground red pepper, white pepper and thyme*
1 pound medium shrimp, peeled
2 tablespoons chopped fresh parsley

Cook bacon in Dutch oven until crisp; drain on paper towels and crumble.

Discard all but 2 tablespoons drippings from Dutch oven. Brown chicken in batches over high heat; transfer to bowl. Add flour to pan; cook until browned. Add onions, celery, green pepper and garlic; cook about 5 minutes. Stir in broth, clam juice, salt, peppers and thyme. Bring to boil, stirring constantly. Reduce heat; simmer 5 minutes. Return chicken to pan; cook 5 minutes more. Stir in shrimp and cook about 2 minutes. Sprinkle with bacon and parsley. Makes 6 servings.

Nutrition info per serving: 475 calories, 41 gm protein, 13 gm fat, 45 gm carbohydrates, 914 mg sodium, 193 mg cholesterol.

Minted fruit bowl

A simple syrup infused with mint quickly adds flavor to fruit salad.

Total prep time: 12 minutes ○

½ cup each *sugar and water*
½ cup firmly packed mint leaves
1 small ripe pineapple, cubed
1 pint strawberries, halved
½ honeydew melon, cubed
3 tablespoons fresh lemon juice
2 tablespoons bourbon or rum
2 tablespoons chopped fresh mint

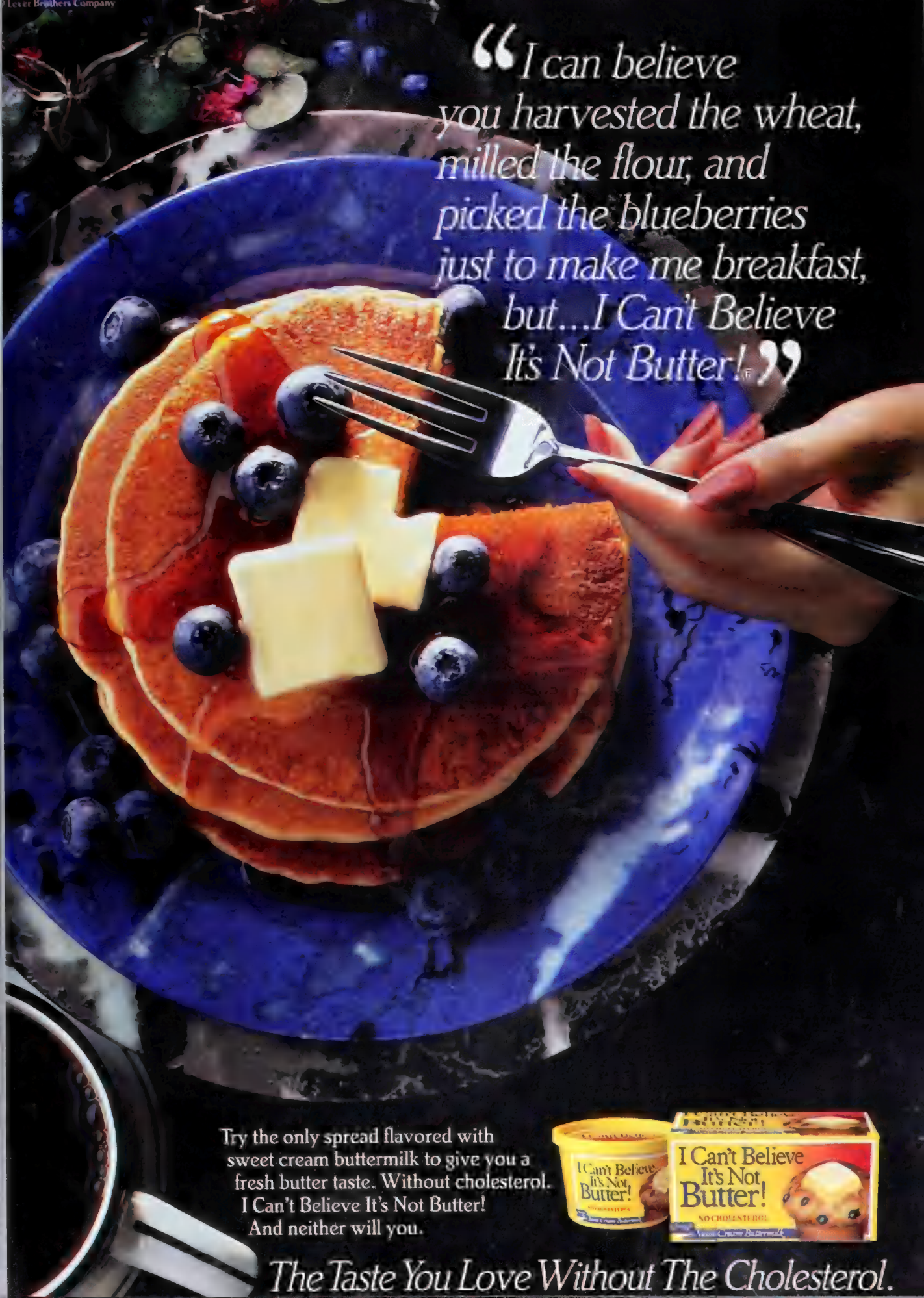
Combine sugar, water and ½ cup mint in saucepan. Boil, stirring constantly, until sugar dissolves, about 1 minute.

Strain syrup into bowl. Add remaining ingredients; toss. Makes 8 servings.

Nutrition info per serving: 100 calories, 1 gm protein, 0 gm fat, 23 gm carbohydrates, 9 mg sodium, 0 mg cholesterol. ■

Recipes developed by Carol Prager and Lisa Brainerd.

Lever Brothers Company



What do pro cooks know that you don't? We asked four of the finest

CHE



André Soltner, executive chef of Lutèce, in New York City



Linda Marshall, short-order cook at the Down Home Diner, in Philadelphia

cooking

chefs in the U.S. to reveal their kitchen know-how and their best recipes



Margaret Lupo, owner and chef of Mary Mac's Tea Room, in Atlanta

Jon Jividen, executive chef of Ridgewell's Caterer, in Washington, D.C.

secrets



Lutèce's Coq Sauté au Riesling

Prep time: 10 to 15 minutes
Cooking time: 45 minutes

1 chicken (3½ lb.), cut into 8 pieces
Salt and freshly ground pepper
3 tablespoons butter, divided
1 large onion, chopped
1 garlic clove, minced
1 bay leaf
2 cloves
2 cups Riesling wine
1 tablespoon all-purpose flour
1 cup heavy or whipping cream
Pinch nutmeg
3 large egg yolks, lightly beaten
1 pound small fresh mushrooms, sautéed in 1 tablespoon butter

Sprinkle chicken with salt and pepper and brown in 2 tablespoons butter in 12-inch skillet over medium-high heat. Add onion, garlic, bay leaf and cloves; cook until onion is tender. Pour in wine. Simmer covered, turning chicken once, until cooked through, about 15 minutes.

Keep chicken warm on platter. Boil cooking liquid over high heat until reduced to about 1¼ cups. Skim fat. Discard bay leaf.

Melt remaining 1 tablespoon butter in large saucepan over medium-high heat. Whisk in flour, then the reduced cooking liquid and the cream and nutmeg. Cook, whisking constantly, until thickened. Whisk 1 cup sauce into egg yolks, then whisk this mixture into remaining sauce off heat. Spoon mushrooms and sauce over chicken. Serve immediately, with cooked egg noodles. Makes 4 servings.

Nutrition info per serving: 800 calories, 54 gm protein, 59 gm fat, 13 gm carbohydrates, 272 mg sodium, 463 mg cholesterol.

Ooh-la-la! Chef Soltner's skills for cuisine francaise



1 Even André breaks the rules. He makes quick sauces at home *sans* stock: Deglaze the pan with wine or vinegar (after sautéing meat, deglazing loosens brown bits from the pan to flavor the sauce). Add water and a bouillon cube; cook until bouillon dissolves.

2 For high-volume egg whites, the whites must be clean. Even just a speck of yolk will decrease the volume. Add a pinch of salt or sugar, too. Use any round-bottom bowl to whip the egg whites—a copper bowl isn't necessary.

3 Juicy meat and great stock depend on the temperature of the water. Boiled or poached meat should be started in hot water to seal in the juices and flavor. For tasty stocks, start the meat in cold water so the flavor is absorbed by the liquid.



4 Bought live lobsters? According to André, you don't have to cook them the same day. Wrap them in wet newspapers and keep them in the refrigerator—they'll stay alive for several days. (For the tenderest broiled lobsters, boil them first for thirty seconds, then split and broil.)

5 No more tears: Stand in a draft (a breeze from an open window or a fan will do) when peeling onions and you won't cry. Cutting the onion with a very sharp knife will also keep your eyes from tearing (it's actually the crushing action of a dull knife that causes the eye-stinging fumes).



6 Fish will cook perfectly every time as long as the fish is at room temperature. If the fish is cold, the outside will be overcooked when the inside is done.

7 Garlic is an essential ingredient in many French dishes. When sautéing garlic, keep your eye on it. It cooks very quickly, and if it burns, it will ruin a dish with its bitter taste.

8 The trick to a high, evenly puffed, perfectly baked soufflé? A cold mold. Prepare the soufflé according to the recipe and pour it into a chilled mold for no-sink success.



HOW CHEDDAR CHEESE GIVES PLAIN VEGETABLES A TASTE YOU'LL FANCY.

This bunch of broccoli was utterly uninspired, until a simple cheddar sauce melted your heart. How could something so easy make such a difference? Try this simple recipe and see!

MICROWAVE CHEDDAR SAUCE RECIPE

Heat 1 c. milk 2 minutes on medium high. Set aside. Melt 2 Tbs. butter 1 minute on high. Stir in 2 Tbs. flour, heat 1 minute more on high. Briskly stir in warm milk. Blend well. Cook on high 2½ minutes, or until boiling. Stir in 1 c. grated cheddar cheese. Blend well.



CHEESE MAKES ALL THE DIFFERENCE

America's Dairy Farmers
National Dairy Board

c National Dairy Board, 1988



Down Home Blueberry Pancakes with Custard Sauce

Prep time: 15 minutes
Cooking time: 8 to 10 minutes

Custard Sauce
- 1 large egg
- 2 tablespoons honey
- Pinch *each* nutmeg and salt
- ¾ cup milk, scalded
- ¼ cup blueberries
- ⅛ teaspoon vanilla extract

Blueberry Pancakes
- 1 cup all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- Pinch salt
- ¾ cup milk
- 1 large egg
- 1 tablespoon honey
- 1 tablespoon butter, melted
- ⅛ teaspoon vanilla extract
- ¼ cup blueberries

Custard Sauce: Whisk egg, honey, nutmeg and salt in mixing bowl. Whisk in scalded milk and return to pan. Cook, stirring constantly, over low heat until custard coats back of spoon, about 5 minutes. Stir in berries and vanilla; serve warm.

Blueberry Pancakes: Combine dry ingredients in mixing bowl. Mix remaining ingredients except berries; add to dry ingredients and stir just until combined. Gently stir in berries.

Pour ¼ cup batter for each pancake on greased griddle over medium heat. Cook until both sides are golden. Serve hot with sauce. Makes 4 servings.

Nutrition info per serving: 295 calories, 9 gm protein, 9 gm fat, 44 gm carbohydrates, 332 mg sodium, 158 mg cholesterol.

In short order: Linda Marshall's hints for blue-plate specials

1 Linda serves a great cup of coffee: Combine 9 parts Colombian coffee beans with 1 part French roast espresso beans and grind fine. Measure 4 tablespoons coffee plus 1 tablespoon for the pot into drip coffee filter. Pour 3 cups boiling water over coffee for 4 servings.



2 It's not just for breakfast anymore! Linda Marshall has discovered that granola (store-bought or homemade) makes a delicious and very easy pie crust for chilled, unbaked fillings (such as custard or ice cream). Simply spread the granola on the bottom of a pie pan, slowly pour in the filling and chill until set.

3 Why are hamburgers that diners serve up always juicy and evenly shaped? The trick to juicy burgers is to handle the ground beef as little as possible. For perfect-looking burgers, make the edges of the patties a little higher than the middle so when the hamburgers shrink during cooking they'll be evenly shaped.



4 Flipping eggs takes practice *and* a well-seasoned pan—one reserved for eggs only. (Wipe the pan clean instead of washing it to keep it seasoned.) As the egg white turns from clear to opaque, swirl the pan to make sure egg isn't sticking. Lift pan and thrust forward gently so the egg flips over.

5 Did you know you can cook up pasta ahead of time so you don't have to worry about it while you're preparing the sauce? Cook the pasta (keep an eye on it so it doesn't overcook), toss it with a little oil so it doesn't stick together and set it aside. Simply reheat the pasta with the sauce when you're ready to serve.



6 Good old-fashioned mashed potatoes have always been a diner tradition, and the Down Home Diner has discovered an inventive way to make use of the leftovers. Try using mashed potatoes instead of a roux as a thickener for sauces, soups and stews.



7 For a deliciously different way to deglaze a pan, try using hard cider instead of vinegar or wine. It adds even more zest to the sauce and is especially tasty with pork and chicken.

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Margaret Lupo's ideas for Southern cookin' the old-fashioned way

1 For the best fried chicken, always use fresh (not frozen) chicken from a good source and fry it in a heavy skillet—Margaret's favorite is cast iron.

2 The secret to Southern flavor: Adding Tabasco or a Louisiana hot sauce to soups and stews. A dash won't make it fiery hot—it perks up the other flavors.

3 Sauté veggies in chicken broth instead of oil. The broth gives a great taste, is less caloric.

4 White pepper is Margaret's favorite seasoning—it's just as flavorful as black, and it's invisible in the finished dish.

Mary Mac's Buttermilk Biscuits

Prep time: 10 minutes
Cooking time: 12 to 14 minutes

- 2 cups plus 2 tablespoons all-purpose flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon baking soda
- 4 tablespoons shortening or lard
- 1 cup buttermilk

Preheat oven to 400°F. Generously grease cookie sheet.

Mix dry ingredients together in mixing bowl. Rub or cut in shortening until mixture is crumbly. *(Can be made ahead. Spoon into container, cover and refrigerate up to 1 month.)* Pour in buttermilk and mix lightly. Roll dough on lightly floured surface ¾ inch thick, adding as little extra flour as possible. Cut out biscuits, using floured rim of juice glass or biscuit cutter. Place at least 1 inch apart on prepared cookie sheet. Bake until golden, 12 to 14 minutes. Serve hot. Makes about fifteen 2-inch biscuits.

Nutrition info per biscuit: 85 calories, 2 gm protein, 3 gm fat, 12 gm carbohydrates, 134 mg sodium, 1 mg cholesterol.



5 Now you can have biscuits anytime you please without the fuss. Just make your biscuit mix up to the buttermilk addition and it will keep in the refrigerator for a month. Want to make a few biscuits at a time? Take some of the dry mix and add enough buttermilk to form a soft dough.

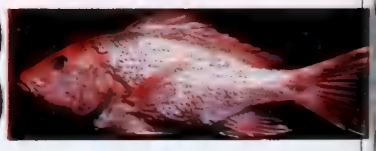
6 If a dish is too salty, add sugar. For ham, cook it with Coke! Trim the fat from a 14- to 16-pound ham to ¼ inch and put it in a Dutch oven. Pour 16 ounces of Coke over it and add ½ inch water to the pan. Cover and bake at 300°F. 1 hour. Pour on another 16 ounces Coke; bake uncovered 2 hours.





7 Don't bother preparing homemade mayonnaise—it's a snap to make store-bought mayo taste homemade. Add a squeeze of fresh lemon and beat smooth with a fork.

8 A bone-in whole fish is more flavorful than a fillet. And remember, the less the fish has been handled, the better it will taste.



9

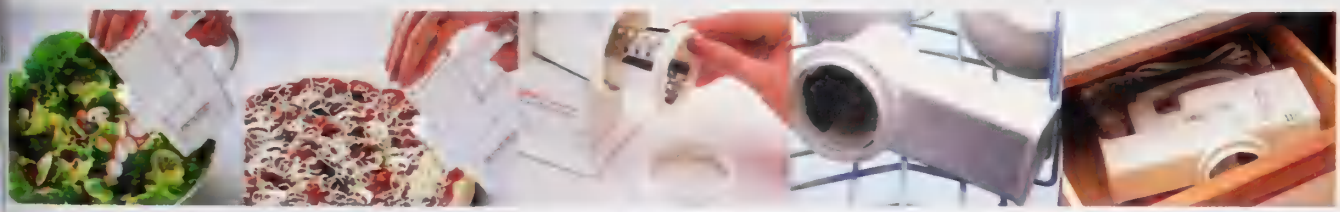


Scorched a soup or sauce? Quickly pour it into a clean pan without scraping the bottom. Add a bit of prepared mustard to kill the burned taste.



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Jon Jividen's pro catering tips are not just for entertaining

1 How to time veggies so they're hot when the rest of the meal is ready? Blanch them until nearly cooked, then drain, plunge in ice water and set aside. When the rest of the meal is done, season and sauté the vegetables just until they're hot.



2 To prevent cream sauce from curdling, be sure to add acidic ingredients such as vinegar, tomato and citrus juice at the very end of cooking, and most important, don't let the sauce boil.

3 For flawless meringue, make sure the the egg whites, mixing bowl and beaters are all at room temperature. It's a good idea to warm the sugar, too. Put sugar in an ovenproof dish and heat in a 200°F. oven for 10 minutes.





4 When a recipe calls for a spice you don't have, you can sometimes make substitutions. If you're out of oregano, use marjoram. If you can't find fresh basil for pesto, mix fresh parsley with dried basil. No fresh cilantro? Chop parsley with ground coriander. A little turmeric can be subbed for saffron. No more fennel seeds? Try anise seeds.

5 Guidelines for estimating portion sizes per person: 1½ cups salad greens; 6 to 8 ounces of entrée meat, fish or fowl; ⅛ pound of pasta; 4 to 6 hors d'oeuvres if dinner follows, 10 to 12 if it doesn't; ½ bottle wine, less if cocktails precede; 2 to 3 drinks per hour and 1 pound ice at a cocktail party.



6 Don't wait until the last minute to make the salad. Salad greens should be served cold and crisp—your salad will not only be tastier but the dressing will cling better to the lettuce leaves. When preparing dinner, rinse salad greens first, dry them and refrigerate in a plastic bag. When dinner is ready, the greens will be, too.

7 Perfect whipped cream requires cold ingredients: Chill a stainless steel bowl and beaters in the freezer 20 minutes along with sugar and vanilla. The cream will whip faster and hold its shape longer.



Ridgewell's Shrimp Wrapped in Basil and Prosciutto

Prep time: 20 minutes plus marinating ○
Cooking time: 8 to 9 minutes

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- ¼ teaspoon salt
- ¼ to ½ teaspoon crushed red pepper flakes
- 18 large shrimp, peeled and deveined
- 18 large basil leaves, rinsed and dried
- 18 strips prosciutto, 4x1½ inches (3 oz.), or 9 slices bacon, blanched, halved crosswise

Mix olive oil, garlic, salt and pepper flakes in shallow glass dish. Add shrimp and toss well to coat. Refrigerate covered at least 30 minutes.

Preheat oven to 350°F. Lightly oil a cookie sheet. Wrap each shrimp around the middle with a basil leaf, then with a prosciutto strip; secure each with a toothpick. Place on cookie sheet. *(Can be made ahead. Cover with plastic wrap and refrigerate up to 4 hours.)* Bake just until shrimp are opaque at center, 8 to 9 minutes. Serve hot. Makes 18.

Nutrition info per serving: 40 calories, 5 gm protein, 2 gm fat, 1 gm carbohydrates, 155 mg sodium, 34 mg cholesterol.

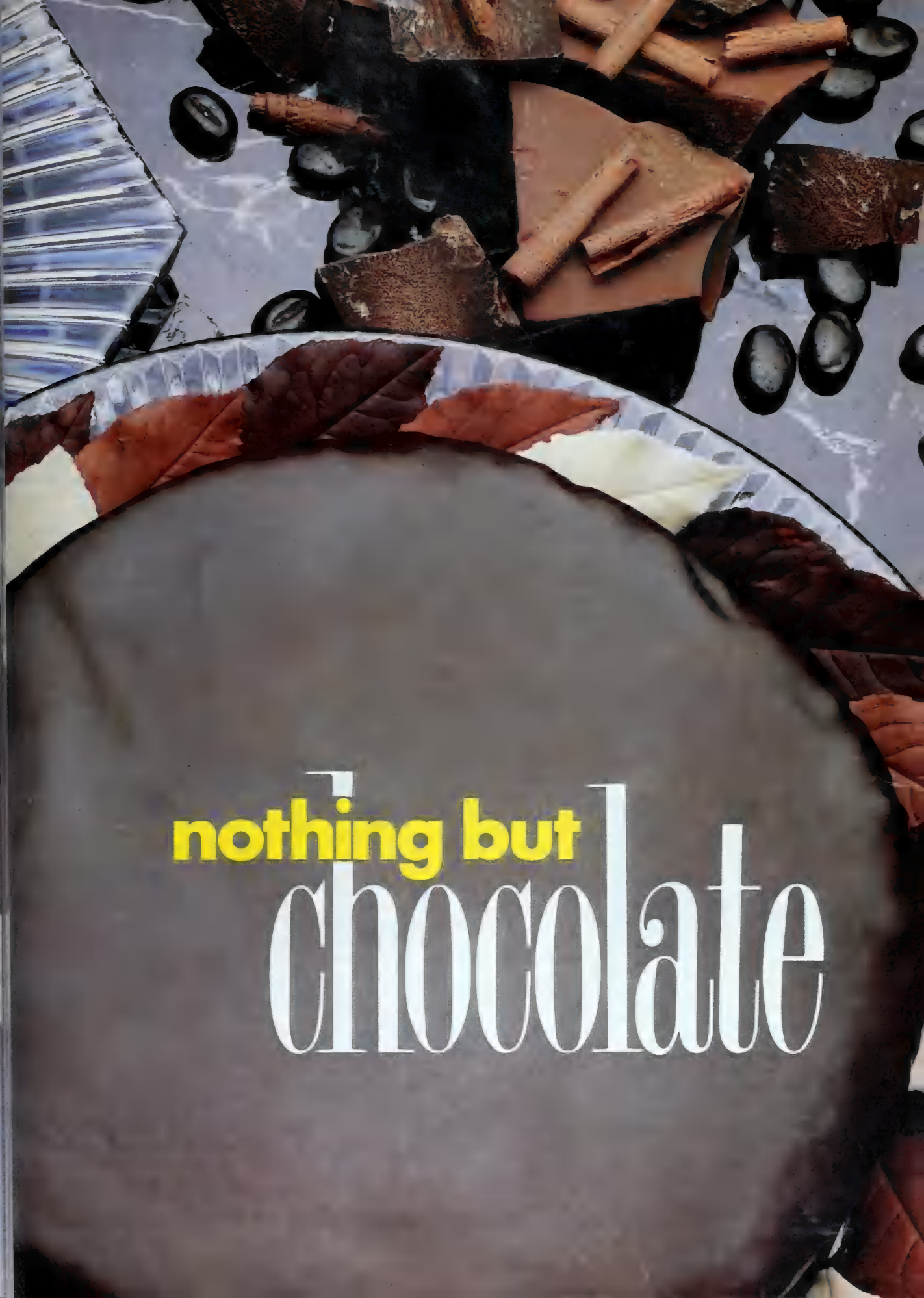


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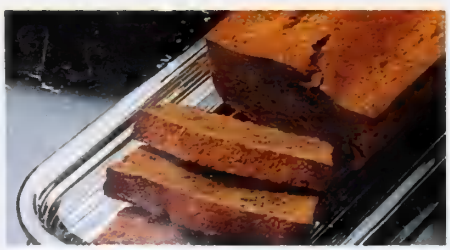


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CHOCOLATE CAKES
continued

Easy · Moderate · Challenging · Microwave

CHOCOLATE POUND CAKE



For best flavor, slice this cake very thin and serve three slices on each plate.

Prep time: 20 minutes
Baking time: 55 to 60 minutes

- 1½ cups all-purpose flour
- ¾ cup unsweetened cocoa powder plus additional for garnish
- 1½ teaspoons baking powder
- 1 cup butter, softened
- 1 cup granulated sugar
- ⅔ cup firmly packed brown sugar
- 2 teaspoons vanilla extract
- 4 large eggs, at room temperature
- ¾ cup milk, at room temperature
- ¼ teaspoon salt

Preheat oven to 325°F. Grease and flour two 8½x4½-inch loaf pans. Whisk flour, cocoa and baking powder in medium bowl. Beat butter in mixer bowl until light. Add both sugars and the vanilla; beat until light and fluffy. Beat in eggs one at a time. Reduce speed to low; gradually mix in dry ingredients alternately with milk, beginning and ending with dry ingredients. Beat 1 minute at medium speed. Pour into prepared pans. Bake 55 to 60 minutes, until toothpick inserted in center comes out clean. Cool in pans on rack 10 minutes. Remove from pans; cool completely. Sift cocoa over top. Makes 2 loaves, 10 servings per loaf.

Nutrition info per serving: 430 calories, 6 gm protein, 23 gm fat, 53 gm carbohydrates, 347 mg sodium, 162 mg cholesterol.

ONE-BOWL CHOCOLATE CAKE



Pour the liquid ingredients into the dry and bake—what could be faster?

Prep time: 20 minutes plus frosting
Baking time: 30 to 35 minutes

- 1¾ cups all-purpose flour
- 1⅓ cups sugar
- ½ cup unsweetened cocoa powder
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¾ cup butter or margarine, softened, cut
- 1½ cups milk
- 2 large eggs
- 1 teaspoon vanilla extract

Fluffy White Frosting

- 1 large egg white, unbeaten
- ½ cup sugar
- 2 tablespoons water
- 1 tablespoon light corn syrup
- ⅛ teaspoon cream of tartar
- ½ teaspoon vanilla extract

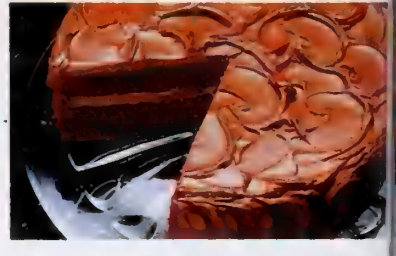
Dark chocolate for garnish

Preheat oven to 350°F. Grease 1 inch baking pan. Line bottom with paper; grease and flour paper and s Mix dry ingredients in large m bowl. Mix in butter at low speed mixture is crumbly. Add milk, eggs vanilla; beat 3 minutes at med speed. Pour into prepared pan. Bak to 35 minutes, until top springs when lightly touched. Cool in pa rack 10 minutes. Invert cake; rer paper and cool completely.

Fluffy White Frosting: Place egg w sugar, water, corn syrup and crea tartar in top of double boiler over idly boiling water. Beat consta with hand-held mixer until thick fluffy, 3 to 4 minutes. Remove heat; add vanilla and beat until enough to spread. Frost cake warm frosting. Decorate with m dark chocolate. Makes 12 serving

Nutrition info per serving: 335 calories, 5 g tein, 14 gm fat, 49 gm carbohydrates, 264 m um, 81 mg cholesterol.

BEST DEVIL'S FOOD CAKE



The secret ingredient in this ca coffee—it adds a depth of flavor.

Prep time: 40 minutes
Baking time: 30 to 35 minutes

- ¾ cup milk
- 2 teaspoons instant coffee powder
- ¾ cup unsweetened cocoa powder
- ½ cup sour cream
- 1¼ cups all-purpose flour
- 1½ teaspoons baking soda
- ½ teaspoon baking powder
- Pinch salt

(conti

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CHOCOLATE CAKES

continued

1 cup butter, softened
1½ cups sugar
3 large eggs, at room temperature
2 teaspoons vanilla extract

Creamy Fudge Frosting
4 ounces unsweetened chocolate, chopped
1⅔ cups confectioners' sugar
¾ cup heavy or whipping cream
2 teaspoons vanilla extract
6 tablespoons butter, softened, cut up

Preheat oven to 350°F. Grease two 9-inch cake pans. Line bottoms with wax paper. Grease and flour paper.

Scald milk and coffee in small saucepan. Add to cocoa and whisk until smooth. Whisk in sour cream. Cool.

Mix flour, baking soda, baking powder and salt in medium bowl. Beat butter in mixer bowl until light. Gradually beat in sugar until light and fluffy. Beat in eggs one at a time. Add vanilla. Reduce speed to low; gradually mix in dry ingredients alternately with chocolate mixture, beginning and ending with dry ingredients. Beat 2 minutes at medium speed. Pour into prepared pans.

Bake 30 to 35 minutes, until top springs back when lightly touched. Cool in pan on wire rack 10 minutes. Invert cakes onto rack. Remove paper and cool completely, right side up.

Creamy Fudge Frosting: Heat chocolate, sugar and cream, stirring constantly, in saucepan over high heat until smooth. Remove from heat; stir in vanilla. Transfer to mixer bowl and place in larger bowl of ice water. Let stand, stirring occasionally, until cold and thick. Remove from ice bath. Gradually beat in butter at high speed; beat until fluffy and stiff enough to hold its shape.

Place 1 layer on platter and spread with 1 cup frosting. Top with second layer. Frost top and sides with remaining frosting. Makes 12 servings.

Nutrition info per serving: 565 calories, 6 gm protein, 37 gm fat, 59 gm carbohydrates, 383 mg sodium, 152 mg cholesterol.

REINE DE SABA

pictured on page 228

The name loosely means "Queen Mother Cake," but the origin is unknown. The two chocolates result in a bittersweet chocolate flavor.

Prep time: 1 hour
Baking time: 45 minutes

6 ounces (1¼ cups) shelled hazelnuts
⅓ cup plus 2 tablespoons granulated sugar
6 ounces semisweet chocolate, chopped
2 ounces unsweetened chocolate, chopped
½ cup heavy or whipping cream
¾ cup unsalted butter, softened
⅓ cup firmly packed brown sugar
Pinch salt
6 large eggs, separated, at room temperature
2 tablespoons hazelnut-flavored liqueur

Glaze
3 ounces semisweet chocolate, chopped
4 tablespoons unsalted butter, cut up
1 tablespoon water

Mint leaves and candied violets, for garnish

Preheat oven to 350°F. Toast nuts on baking sheet until lightly browned, 12 to 15 minutes. Wrap nuts in kitchen towel; cool 5 minutes. Rub nuts in towel to remove skins. Cool. Pulse in food processor with 1 tablespoon sugar until finely ground.

Heat chocolates and cream in small saucepan over low heat until melted and smooth. Cool.

Meanwhile, preheat oven to 350°F. Butter 9-inch springform pan. Line bottom with wax paper; butter and flour paper. Beat butter, ⅓ cup granulated sugar, and the brown sugar and salt in large mixer bowl until light and fluffy. Beat in egg yolks two at a time. Add chocolate mixture and liqueur and beat just until blended. Stir in nuts.

In clean mixer bowl beat egg whites to soft peaks. Gradually beat in remaining 1 tablespoon sugar and beat just until stiff. Fold egg whites into batter. Pour batter into prepared pan.

Bake 45 minutes, until center is puffed and firm. Cool on wire rack 20 minutes. Remove side of pan and invert cake onto rack. Remove paper and cool completely.

Glaze: Combine chocolate, butter and water in small saucepan. Heat, stirring occasionally, over low heat until melted and smooth.

Pour warm glaze over cake on rack, smoothing top and sides. Let stand 2 hours or overnight. Makes 20 servings.

Nutrition info per serving: 290 calories, 4 gm protein, 24 gm fat, 18 gm carbohydrates, 33 mg sodium, 115 mg cholesterol.

CHOCOLATE ICE CREAM CAKE

pictured on page 229

Chopping the chocolate helps it melt evenly and quickly.

Prep time: 40 minutes plus freezing
Baking time: 15 to 18 minutes

2 ounces unsweetened chocolate, chopped
¾ cup plus 2 tablespoons sugar
⅓ cup plus 2 tablespoons water
1 teaspoon instant espresso or coffee powder
1 cup all-purpose flour
1½ teaspoons baking powder
¼ teaspoon salt
¼ cup vegetable oil
4 large eggs, separated, at room temperature
1 teaspoon vanilla extract
¼ teaspoon cream of tartar
2 pints favorite ice cream, softened slig

Glaze
5 ounces semisweet chocolate, chopp
6 tablespoons unsalted butter, cut up
2 tablespoons water

Chocolate leaves, for garnish (see below)

Preheat oven to 375°F. Butter t
inch cake pans. Line bottoms witl
paper; butter and flour paper.

Combine chocolate, 2 tables
each sugar and water and the cof
top of double boiler. Heat, stirri
casionally, over simmering water
melted and smooth. Cool.

Sift flour, ¾ cup sugar and the
ing powder and salt into bow
make well in center. Add oil
yolks, ⅓ cup water and the vani
well; whisk until smooth. Whi
chocolate mixture.

Beat egg whites in large mixer
until frothy. Add cream of tarta
beat until stiff but not dry. Fol
quarter of the egg whites into b
then fold in remaining whites.
into prepared pans.

Bake 15 to 18 minutes, unt
springs back when lightly tou
Cool on wire racks 10 minutes.
cakes; remove paper and cool
pletely. Wrap each cake laye
freeze overnight.

Flatten 1 pint ice cream betw
sheets wax paper with rolling pi
roll to 9-inch circle. Freeze in wax
until firm. Repeat with second pir

Place one cake layer on cookie
and top with both ice cream circ
make thick layer. Add second cak
er, top side down, and even edges
cream with spatula. Freeze until
Glaze: Place chocolate, butter and
in small saucepan. Heat, stirring
sionally, over low heat until smoo

Quickly spread warm glaze ov
and sides of cake. Freeze 10 minu
firm glaze.

Chocolate Leaves: Chop 4 ounces
sweet chocolate and melt in d
boiler over hot (not simmering)
Using clean flat brush about ½
wide, brush chocolate evenly ove
side of one rose or other firm ova
turn leaf over and carefully wi
any chocolate on front. Place or
and repeat with 12 to 14 more l
Refrigerate 5 minutes to harden
off chocolate leaves, starting
stem end. Keep refrigerated
ready to garnish cake. Makes 16
ings.

Nutrition info per serving: 465 calories, 7
tein, 28 gm fat, 50 gm carbohydrates, 194
um, 152 mg cholesterol.

Recipes developed by Kathy Jack

**The recipe for the Chocolate Mousse Ca
tured on page 205 appears on page 236.**

Jell-O® brand makes desserts bloom.



Ambrosia Parfait



1 cup cold milk
1 package (4-serving size) JELL-O® Vanilla Flavor Instant Pudding and Pie Filling
1 cup KRAFT® Miniature Marshmallows
1 small banana, chopped
1 can (8 oz.) crushed pineapple, undrained
1 can (11 oz.) mandarin orange sections, drained
½ cup toasted sliced almonds
½ cup BAKER'S® ANGEL FLAKE® Coconut



- Beat pudding mix and milk with wire whisk 1 to 2 minutes.
- Mix in ½ cup of the marshmallows, the banana and pineapple with juice.
- Spoon some of mixture into glasses. Add a layer of the remaining ingredients; alternate with layers of pudding. Chill. Makes 6 servings.

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Say thank you to Mom with a special Mother's Day breakfast



Menu

FOR FOUR

Cheddar 'n' Chive Omelet

Spice Biscuits with Honey Butter

Strawberries in Papaya

Menu by Lisa Brainerd

1 CHEDDAR 'N' CHIVE OMELET

The no-stir, no-flip, easiest omelet ever.

Preheat oven to 450°F. Separate 6 large eggs. Whisk egg yolks, ¼ cup milk and ½ teaspoon *each* salt and freshly ground pepper in medium bowl. Beat egg whites in mixer bowl until stiff but not dry. Fold yolk mixture into whites.

Melt 2 tablespoons butter or margarine in large ovenproof skillet. Add egg mixture and spread evenly over pan. Cook over medium heat 3 minutes. Transfer to oven and bake until firm, 4 to 5 minutes. Sprinkle with ½ cup shredded Cheddar cheese and 1 tablespoon snipped fresh chives. Serve at once.

Nutrition info per serving: 235 calories, 13 gm protein, 19 gm fat, 2 gm carbohydrates, 531 mg sodium, 444 mg cholesterol.

2 SPICE BISCUITS WITH HONEY BUTTER

Self-rising flour makes these biscuits super-quick.

Preheat oven to 450°F. Grease cookie sheet. Mix 2¼ cups self-rising flour, ¼ teaspoon cinnamon and pinch nutmeg in large bowl. Cut in ¼ cup shortening until mixture resembles coarse crumbs. Add 1¼ cups milk and 1 tablespoon honey; stir just until moistened. Drop by heaping teaspoonfuls onto prepared cookie sheet. Bake 20 minutes. Serve with Honey Butter. Makes about 1 dozen.

Honey Butter: Beat ½ cup softened butter and ¼ cup honey in small bowl. Makes ¾ cup.

Nutrition info per biscuit: With 2 teaspoons butter, 145 calories, 2 gm protein, 7 gm fat, 18 gm carbohydrates, 239 mg sodium, 10 mg cholesterol.





3 STRAWBERRIES IN PAPAYA

Ripe papayas are yellow-gold.

Mix 2 tablespoons *each* sugar and lime juice until sugar is dissolved. Pour over 1 pint strawberries; toss. Serve in 2 halved papayas.

Nutrition info per serving: 80 calories, 1 gm protein, 0 gm fat, 20 gm carbohydrates, 3 mg sodium, 0 mg cholesterol.

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You asked for it

Dear Journal:

After a lovely dinner at the Harbor View Restaurant in Belfast, Maine, we were served a lemon mousse pie that I would almost die for! I dearly hope that they are willing to share the recipe.

Elizabeth Doane
Keene, NH

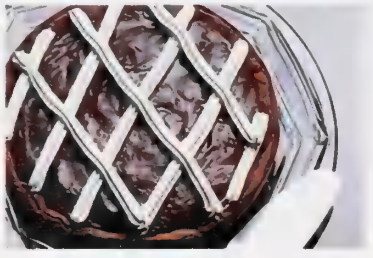
A Maine dish

Co-owner Sandra Moses is delighted to share her recipe with our readers. She willingly gives it to customers who fall in love with the pie at first bite:

2 envelopes unflavored gelatin
½ cup water
6 large eggs, separated, at room temperature
1 cup sugar
¼ cup fresh lemon juice
1½ teaspoons grated lemon peel
1 cup heavy or whipping cream
1 fully baked 9-inch pie shell

Sprinkle gelatin over water in small saucepan; let stand 5 minutes. Heat over medium heat, stirring occasionally, until gelatin is completely dissolved, 3 to 4 minutes.

Beat egg yolks and sugar in mixer bowl until pale and thick. Beat in dissolved gelatin and lemon juice and peel. Beat egg whites in second mixer bowl until stiff but not dry. Fold into lemon mixture with rubber spatula. Pour cream into clean mixer bowl and beat until stiff. Fold cream into lemon mixture. Mound filling in pie shell. Refrigerate 3 hours or overnight. Makes 8 servings.



CHOCOLATE MOUSSE MAGIC

It's not so hard to make mousse that's lighter than air. Check out our chefs' secrets for beating high-volume egg whites and whipped cream (pages 220 and 226). Then try this recipe to test your skills.

Prep time: 30 minutes plus chilling
Baking time: 30 to 35 minutes

6 ounces semisweet chocolate, chopped
2 ounces unsweetened chocolate, chopped
½ cup unsalted butter, cut in pieces
1 teaspoon instant espresso powder
8 large eggs, separated, at room temperature
Pinch salt
⅛ teaspoon cream of tartar
¾ cup sugar, divided
1 teaspoon vanilla extract
1 tablespoon rum (optional)
Whipped cream, for garnish

Preheat oven to 325°F. Butter and flour 9-inch springform pan.

Place both chocolates, the butter and espresso in top of double boiler over simmering water. Heat, stirring, until melted and smooth. Cool.

Beat egg whites with salt at medium speed in large bowl until frothy. Add cream of tartar; increase speed to high and beat to soft peaks. Gradually beat in ¼ cup sugar; beat until stiff but not dry. Set aside.

In clean mixer bowl beat egg yolks, remaining ½ cup sugar and the vanilla until thick and light. Gently fold in chocolate mixture and rum. Fold in one quarter of the egg whites, then remaining whites. Measure 3 cups mousse and refrigerate covered. Pour remaining mousse into prepared pan.

Bake 30 to 35 minutes, until toothpick inserted in center comes out slightly moist. Cool on rack.

Stir remaining mousse gently and spread over cake. Refrigerate 1 hour or overnight. Remove rim of pan. Pipe cream over top. Makes 12 servings.

Nutrition info per serving: 265 calories, 5 gm protein, 19 gm fat, 22 gm carbohydrates, 59 mg sodium, 203 mg cholesterol.

recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

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BOTTLE BABIES

continued from page 183

Scripps Memorial Hospital, in La Jolla, California, says even these grim statistics understate the gravity of the situation. "It's hard to get an accurate picture of alcohol and drug abuse from kids, but the reality is that thousands of preteens are halfway down the road to disaster."

Some have already been there. For example, in 1987, most children who entered treatment at the adolescent substance-abuse program at Charter Plains Hospital, in Lubbock, Texas, were sixteen or seventeen. Now, says Kitty Harris, Ph.D., director of the program, the average age has dropped two years. Today the center treats 50 percent more thirteen- and fourteen-year-olds, and the youngsters have often been using drugs or alcohol for several years.

Why are there so many more bottle babies these days?

For one thing, many kids—especially those with two working parents—receive little supervision. Alone in an empty house, the lure of the liquor cabinet can be irresistible. That's especially true for a child who is depressed or suffering from low self-esteem. And such negative feelings beset many of today's preteens, according to Lee Salk, Ph.D., clinical professor of psychology and pediatrics at Cornell Medical Center, in New York City. Many modern parents pressure their kids to achieve. Yet they are so caught up in their own struggles to get ahead that they aren't available to provide the guidance and love children desperately need. Too often, kids are left floundering and vulnerable to destructive influences.

Then there's the media. The message that alcohol is a socially acceptable drug assaults our children daily. The National Council on Alcoholism estimates that kids see some one hundred thousand television commercials for beer between the ages of two and eighteen. "Spuds MacKenzie marketed as a child's toy, celebrity ads for beer and wine coolers—these things have a profoundly negative effect on our children," says William Van Ost, M.D., executive director of the Van Ost Institute for Family Living, in Englewood, New Jersey.

The schools also bear some responsibility for students' proliferating problems with drinking and drugs. Until recently, Harris points out, most substance-abuse education began in high school—far too late to reach the most troubled youngsters. And it's clear the lessons are necessary: In a recent survey of fourth graders, 87 percent knew that marijuana was a drug, but only 50 percent thought beer, wine or liquor could be equally dangerous.

Deborah, now seventeen and a school senior in Solana Beach, C nia, got her alcohol education th way. "I stole a bottle of champag of the refrigerator when I was el she recalls. "By the time I was fou I was drinking every day." Neith father—an alcoholic—nor her n did anything to stop her when she abusing alcohol.

Kevin, now twenty-one and a st at Texas Tech, in Lubbock, says h began drinking at home. "When twelve, I'd snag stuff from Dad's cabinet. I took whatever I figu wouldn't miss." Kevin's parents both smoke marijuana, failed to vene. At thirteen, Kevin started speed as well. "I was a lonely kid— and drugs filled up the empty s says the recovering addict.

An alarming pharmacopoeia

Like Kevin, most kids who h drinking problem also abuse drug been fifteen years since I saw an a cent who was using only alcohol Larry D'Angelo, M.D., chairman department of adolescent and adult medicine at Children's pital, National Medical (cont


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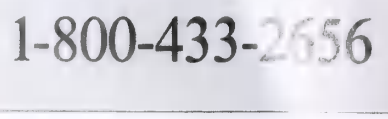
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TRAVEL JOURNAL

YELLOWSTONE AFTER THE FIRE

Last summer, Yellowstone National Park saw the worst wildfires in its recorded history. Eight separate fires threatened the park as towering flames raced through treetops and jumped firelines. America's Eden was going up in smoke. Unique conditions had led to these firestorms: unusually dry weather, high winds and a tremendous accumulation of fuel—decayed trees and shrubs that had fallen to the forest floor during the approximately one hundred years when fires were put out as soon as possible. In November, it was estimated that 25 percent of the park's 2.2 million acres had been devastated. This figure is expected to drop considerably when this winter's snow melts, allowing for more accurate measurement.

But fire is not new to Yellowstone. Two million years ago, a fiery volcanic eruption gave birth to this high plateau, with more spectacular thermal features—geysers, hot springs, fumaroles and mud pots—than any other place on earth. Named for its rocks colored yellow by lava flow, Yellowstone was set aside as the world's first national park in 1872.

Most larger wildlife escaped harm last season, instinctively moving away from the flames.Out of a herd of thirty-two thousand, 243 elk were lost, along with four bison and two moose. No grizzlies were reported killed. Given the reduced forage available, the traditionally harsh winter will likely mean additional losses. Fires of controversy also raged last summer, around the Park Service's policy of monitoring naturally caused fires and letting them burn (unless they pose a threat to life, property or natural features of the park). All fires caused by people are put out, and prescribed burning is used to reduce accumulation of fuel. The policy, adopted in 1972, has its basis in the work of ecologist A. Starker Leopold; the Leopold Report of 1963 views the park as a self-contained ecosystem that will regulate itself naturally.

But confusion over the park policy this summer resulted in some unfair blame. Many of the eight fires originated outside the park and were fought from their very onset. This was true of the largest, the North Fork Fire, which started in Targhee National Forest on July 22 and gained enough momentum to threaten Old Faithful, West Yellowstone, Mammoth Spring and the Canyon areas. W the fire policy was suspended on 21, the total burned acreage inside park was less than seventeen t sand acres. Most of the damage curred between July and Novem after the policy was reversed, and sulted either from fires that were ready out of control or from new fi

What, then, can visitors expect summer from the new Yellowst More meadows, wildflowers, shr more woodpeckers, cavity-nes birds,owls,small mammals and dra ically silhouetted treelines. An valuable opportunity to witness ture's healing process and underst better the role of fire in ecology.

Just weeks after the fire, new gr es had already sprung up. Lodge pinecones, their resin seal melte the intense heat, blanketed the fo floor with their seeds. This year seedlings will be about an inch h Perhaps most exciting, visitors wi treated to a bumper crop of v flowers, combined with the lush g vistas created by new and regener meadows and grasslands. An incr in open spaces will encourage r forage growth, a boon for birds small mammals.

George Robinson, Chief of Inter tive Services, says the park is p ning programs to explain the ro fire in the natural system. Twenty to thirty new wayside exhibits wi placed throughout Yellowstone and Grand Teton National Park and adjoining Yellowstone area. Indivi exhibits on fire ecology will be pl in the burned areas, and a major exhibit will open at Grant Villag June 15. The park hopes in the fu to have self-guided trails with b walks in burn areas. The visitors' ters will show videotapes on the and offer descriptive brochures. videotapes are available from V Visions, in Bozeman, Montana.

According to Joan Anzelmo, dir of public affairs for Yellowstone tional Park, all campsites, roads, ings and features will be open as al, as will all activities, inclu horseback riding, boating, and fis Write to Superintendent, Yellows National Park, WY 82190, for tional park and camping informa Information is also available fron Wyoming Travel Commission, I- College Drive, Cheyenne, WY 8 800-255-5996; 307-777-7777. Can reservations, strongly recomme can be made through Ticketron weeks in advance. Reservation lodging can be made through TW vices, Yellowstone National Park 82190, 307-344-7311. —KATE

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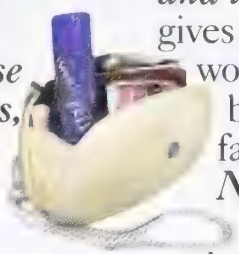




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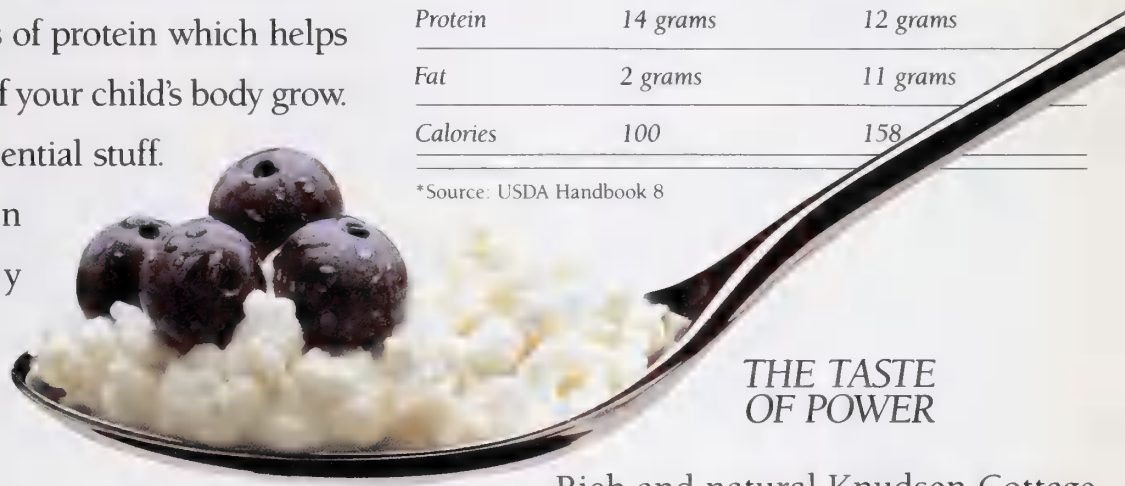
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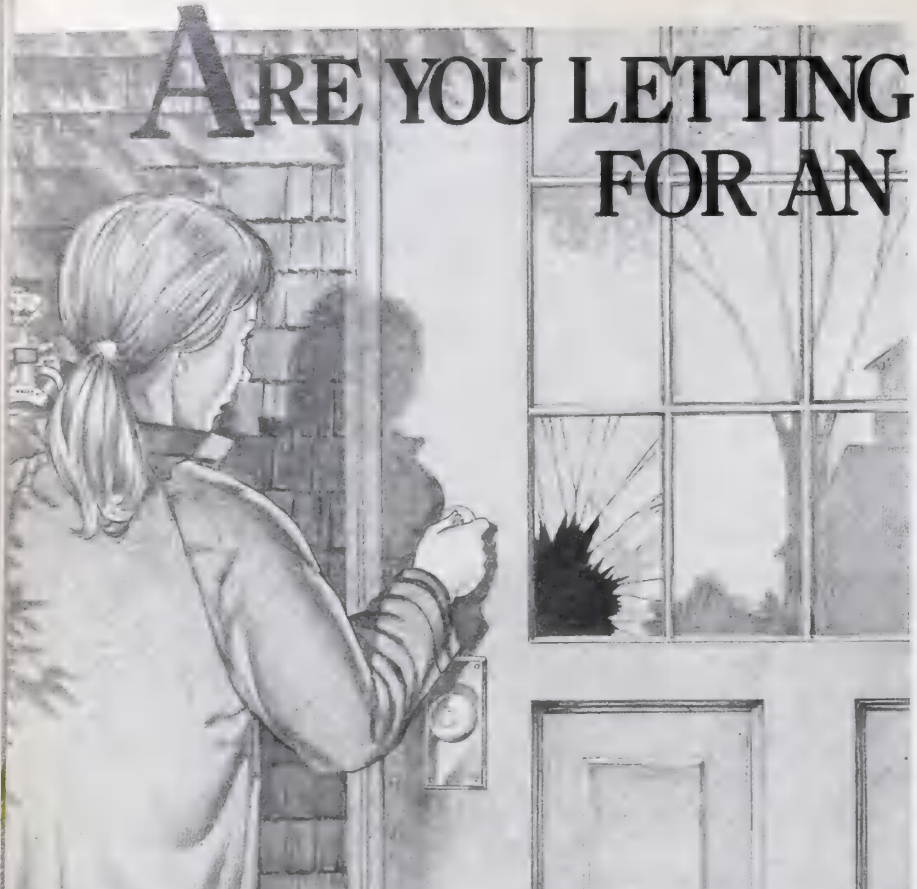
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■ BOTTLE BABIES
continued

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Some experts call alcohol and marijuana the gateway drugs—the ones that may lead to other substances—including cocaine, PCP, heroin, amphetamines, tranquilizers and LSD.

But alcohol remains the drug used by the largest number of youngsters. "In some respects, it's the most dangerous," notes Van Ost. "Parents who would be furious to see someone offer their son cocaine will turn the other way if he's drinking beer with his buddies."

Such parents may not realize that drinking poses a heightened danger to preteens—the speed with which alcohol spreads through their system. Metabolic and neurologic immaturity makes kids more vulnerable than adults to toxicity and dependence—and the younger the child, the greater the risk. "Youngsters get *far* more drunk on less alcohol than adults do—and they stay drunk longer," says D'Angelo.

The damage doesn't stop there. "Alcohol stunts emotional growth as well," adds D'Angelo. "Kids who drink heavily don't develop the judgment or coping skills they need as adults."

Rick, a twenty-year-old recovering addict in Covenant House Florida, a short-term crisis-intervention center in Ft. Lauderdale, agrees. "I drank steadily through junior high school and thought I was a big shot. My grades started to drop. I was sleeping through classes and missing basketball games because of hangovers, but I still thought I was making rational choices. Then I started using cocaine and crack. When I hit bottom at age nineteen, I realized the only way I knew how to face the world was wrapped in a fog of drugs."

Of course, most youngsters who try pot don't turn into drug addicts, and most children who get drunk once or twice won't become alcoholics. Experts say that about one youthful substance abuser in ten will develop a serious problem. But no one can predict who that one child will be.

Children at risk

To begin to unravel the riddle of why some preteens develop drinking problems while others—bombarded by the same societal messages and pressures—do not, experts cite several factors.

The family, of course, plays a pivotal role. Although any child can succumb to the lure of alcohol, the sons and daughters of alcoholics are at special risk. Genetics appears to play a role, says John Nickerson, director of Pathways to Freedom, a self-help center in York City. "These children are times more likely than children o alcoholics to develop alcoholism o er addictions," he notes.

Often, this heritage of addi stretches back generations, as it d Drew Barrymore, whose father, and grandfather were as renown their battles with the bottle as for glittering careers. "I wanted to b them," Drew says. "They were fa people of the theater, and they dr

Parental attitudes toward boo also crucial. "If the first thing y when you get home is announce *I need a drink,* you are giving you dren a terrible message," says Lewis. He is also vehemently oppo parents allowing alcohol to be ser teenage parties. "Would you spor Russian roulette party?" he asks.

While permissiveness can cause lems, it's important to note that ilies who abstain from alcohol times produce young alcoholics "It's best not to treat alcohol lik forbidden fruit," says Kitty Har Charter Plains Hospital. In line that view, she and most other e have no objection, for example, t ting children taste the wine at f celebrations. The key, they say, is it around family rituals rather

king it part of everyday socializing. Finally, young drinkers may not rec- ize anything is wrong until they're deep trouble. All addicts practice ial, but this trait is especially strong the young. "Every young addict rts off believing, 'I can handle it,' " s Mike Schiks, program director at zelden Pioneer House, a well-known abilitation center for adolescents in mouth, Minnesota.

Young addicts aren't the only ones who y problems. Usually the family of a d who's in trouble "does an elaborate ce," Lewis points out, "seeing but not ng, blocking out what would be obvi- to any objective eye."

But burying one's head in the sand prolongs the agony. It is only when ents can free themselves from the t-my-kid" syndrome that recovery begin. "If you have a feeling some- g's going on," Lewis advises, "it bably is." Confront your child—and ist help from a certified counselor or cialist in the field of teen and pre- alcohol and drug abuse.

e road back

most important thing to realize, say erts, is it's never too late to seek help. child is in the early stages of alcohol se, it may be possible *(continued)*

"Is my child drinking?"

The following warning signs should alert you to the possibility that your child may be developing a problem with alcohol or drugs.

STRANGE FRIENDS **Is your child spending time with people he won't let you meet? Is he getting phone calls at odd hours or referring to people and places you've never heard of? This could mean trouble, so insist on meeting his new friends and tell them firmly what kinds of behavior you won't tolerate.**

CONSTANT IRRITABILITY **Addicts are often physically uncomfortable—as if they're constantly on pins and needles. If this seems to be the case, ask what the problem is. If your child answers evasively, it's time to take action.**

TROUBLE AT SCHOOL **Some young substance abusers are able to maintain decent grades, but bad marks are often the first indication of substance-abuse problems.**

TROUBLE AT HOME **Withdrawing from family activities, extreme rebelliousness, listlessness and exhaustion can be a normal part of adolescence, but if they persist they may sometimes be signs of substance abuse. If problems persist, have your child evaluated by a doctor knowledgeable in addiction.**

HJ'S SPA GETAWAY CONTEST (as seen on page 32)

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luded in the prize: five days at the Canyon h Spa in Tucson for you and a guest; airfare d from Tucson (the winner is responsible for portation to and from nearest major air- ground transportation to and from Tucson rt and Canyon Ranch; and all meals (tips are ncluded).

photographs and materials submitted be- the property of *Ladies' Home Journal* and Meredith Corporation and will not be re- d or acknowledged. The winners will be ted by a panel of experts designated by *LHJ*. cisions of the judges are final. We will enter into no correspondence or phone communication about the contest.

5. Winner will be notified by mail by July 1, 1989. The winner must consent to be available to participate and render services in photography/taping sessions and media interviews. She also agrees by entering the contest to grant *LHJ* the right to use her name, photographs (for films or videotapes) and voice in connection with the contest. Winner must sign an affidavit of eligibility and release and must complete the spa getaway by December 31, 1989. All taxes are the responsibility of the winner.

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City _____

State & zip code _____

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Date of birth/present age _____

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Signature _____

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■ BOTTLE BABIES

continued

to obtain outpatient help from specialists within the community. If the situation is out of control, a child may need in-patient rehabilitation.

Once enrolled in a residential program, kids usually receive individual, group and family counseling, medical care, recreational therapy, education, and self-help meetings conducted along the lines of Alcoholics Anonymous (AA) or Narcotics Anonymous.

Staffers at ASAP, Drew Barrymore's refuge, stress that a child's recovery must be a family project. One of ASAP's recent innovations is multiple-family therapy, in which a therapist leads six families in confronting such explosive issues as love, need, dependency, anger and trust. The families are in various stages of recovery—and that's the point. A family that's farther along is an effective role model for one that's starting to sort out its problems, says Lewis.

When kids are ready to go home, the ASAP team helps each family draw up an after-care plan, which may include AA meetings, outpatient counseling and a behavioral contract, which specifies the rules kids must live under, such as observing curfews, doing chores and getting decent grades. Contracts, explains Lewis, give parents and kids objective criteria to see how they're doing.

Of course, recovery isn't always a smooth process; some kids do relapse. About 50 percent of the young addicts now at Hazelden have bounced from one treatment center to another. "Adolescents rebel—even against things they know are important," says Schiks. "But their resilience is remarkable. I've never seen a kid who couldn't be helped."

State- of- the- art treatment centers like ASAP are extremely expensive—costing $12,000 to $18,000 for four to six weeks. Health insurance plans will cover varying percentages of the cost.

There are also alternatives—smaller, community-based centers, which offer similar programs for a fraction of the cost. Parents can find them by contacting the National Council on Alco ism, or by seeking referrals from and its sister organizations Al-A and Alateen, community health ters, and national hotlines (see bel

While much of the news about and alcohol is grim, those who do re from the purgatory of chemical de dency provide hope for those wh still struggling. "Recovering kids been given back a life, and they k it," says Kitty Harris. Many give in the schools, sponsor drug-aware groups or become counselors t selves. "They're out there, sheddi little light in the darkness," she cludes. "That's what gives me hop

Stephen Phillip Policoff, a New Y based writer, teaches at Yale Unive

For more information

If your child has a drinking problem, contact these organizations for help:

- **The National Council on Alcoholism Hotline, 800-NCA-CALL. 24 hours, seven days.**
- **Children's Hospital, Washington, D.C., 202-745-2178. 8:30 A.M.–4:30 P.M. EST, Monday–Fr**
- **The National Institute on Drug Abuse, 800-662-HELP. 9:00 A.M.–3:00 P.M. EST, Monday–Fr 12 P.M.–3:00 P.M. EST, Saturday and Sunday.**
- **The National Parents' Resource Institute for Drug Education (PRIDE), 800-241-7946. 8:30 5:00 P.M. EST. Taped information given at other times.**
- **Covenant House 9-Line (crisis hotline for runaway youths), 800-999-9999. 24 hours, seven**
- **The ASAP Treatment Center Hotline, 800-367-2727. 24 hours, seven days.**
- **Hazelden Pioneer House Hotline, 612-559-2022. 9:00 A.M.–5:30 P.M. EST, Monday–Friday**



The royal workout

Fergie rebounded from the abuse, however, by starting a comprehensive diet and fitness program once she returned to England.

In fact, Sarah was so eager for an effective workout that she asked a top American exercise expert, Callan Pinckney, to come to England for some one-on-one training. (Typically, Fergie ignored the bounds of royal propriety by dialing Pinckney herself, irritating protocol-minded associates who believe it's improper for duchesses to make their own telephone calls.)

Callanetics, the program popularized by Pinckney in her books *Callanetics* (William Morrow, 1984) and *Callanetics for Your Back* (William Morrow, 1988), is a series of calisthenics designed to tighten specific areas of the body: hips, thighs, stomach and buttocks. Each exercise—for example, one in which Fergie would lie flat on the floor, raising and lowering both legs simultaneously—is difficult and must be repeated many times; in some cases, up to one hundred.

But the duchess wasn't deterred by the exacting routine. Wearing nondescript sweats, Fergie worked out three hours a day for a week with Pinckney, who usually suggests that her students put in a mere two hours per week. The sessions—held in the large ground-floor drawing room of Castlewood House, the Yorks' residence—began at seven A.M. But Sarah, who had progressed to the program's advanced level even before Pinckney arrived in England, did not object to the early start. "She was determined," a friend said. "She wanted her body to look magnificent."

Fergie's newfound zeal was especially surprising to associates who recall her dislike of regimented *(continued)*

THE FERGIE FOLLIES

continued from page 181

r woman do anything right? Well, don't count her . Fergie is nothing if not resilient, a high-spirited sort o defines the term game girl. And lately, she's conding her harshest critics by losing sixty pounds, find- some flattering clothes and becoming much more of a her to the littlest princess.

ver since her marriage to Prince Andrew in 1986, of Fergie's weightiest problems has been her excess irdupois. She ballooned to 205 pounds at the height ier pregnancy—far too much for her five-foot-eight ne. And although she once said, somewhat defenly, that "a woman should have a womanly figure," ah has clearly learned there can be too much of a d thing.

'm determined to look pretty and thin," she vowed to iend after Beatrice was born. "I want to show Andrew ve the discipline to do it."

She really was serious," says another pal. "She seemed ummon up great reserves of willpower."

ike many eager dieters, the duchess overdid it at first. ring her post-pregnancy stay at Balmoral, the royal te in Scotland, she virtually starved herself and was stantly exhausted as well as hungry. "I just don't seem ave any energy," she told friends.

y the time she left for a trip to Australia in Septem- though, Sarah's self-denial had paid off; she was nty-six pounds lighter. But if she thought she'd win se for shaping up before she shipped out, she was ng. Instead, rambunctious Aussie reporters focused on "matronly" clothes and clumsy "waddle."

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THE FERGIE FOLLIES

continued

exercise. "Before she married," a friend says, "we often used to talk about going to aerobics classes together, but Sarah always found an excuse not to go."

By the time Pinckney left England, she said that the duchess had become "half the size she once was. She now has a figure that ninety-nine percent of women would envy."

And Fergie's continuing interest in the program was so great that she is said to have called Pinckney in New York for weeks afterward with additional questions about the exercises.

For her eating plan, Sarah chose a royal standard: the Hay Diet, followed by the whippet-thin Duchess of Windsor more than fifty years ago. (Fergie's much-ballyhooed adherence to a popular diet that supposedly shrank hips and thighs proved to be nothing more than a rumor.) The Hay regimen, named after the doctor who developed it at the beginning of the century, emphasizes the consumption of fresh fruit and vegetables and the avoidance of refined sugar and flour and all the foods made from them—including cakes, pies and pastries. A typical day's diet for Fergie might include plain yogurt with sliced banana and wheat germ for breakfast; a baked potato, steamed vegetables and grapes for lunch; and grilled flounder, steamed broccoli spears and peaches for dinner. Dieters are strictly forbidden to eat protein and carbohydrates at the same time, so Fergie had to bid farewell to some of her favorite meals, like bacon sandwiches and steak with french fries. And while alcohol is not prohibited on the diet, Fergie seemed to forgo it voluntarily, except for the occasional glass of champagne (which she giddily calls "shampoo").

As her weight dropped, leveling off at 145 pounds, her popularity with the press soared. Tabloids that had printed photographs of the duchess looking embarrassingly heavy and awkward now praised her slim figure.

In her choice of clothes, Sarah also shaped up. The woman who once told a friend, "I'm sick of looking like a frump" no longer looked like one. Gone were the flowery, billowing dresses that had made her resemble a tavern wench on the cover of a Gothic novel. Instead, she wore classically simple couture by British designer Edina Ronay and her favorite, Yves St. Laurent. "Every time I wear St. Laurent, people think I have lost weight," she once remarked. "The clothes are so flattering." It's all too likely that rah, a perennial battler of the bu will have need of such flattery in future: Late last winter, her wei had crept back up to 152 pounds.

Fergie's current preferred att knee-length skirts and hip-length d jackets, to disguise her bottom (by her widest part) and draw the down to her shapely calves and ank Her hair, too, is sleeker, with non the fussy curls that used to accentu her round face.

Abuzz over Bea

Sarah has also come under unrel ing attack from the press for her m ering—or the lack of it. The ro have never been known for spendi great deal of time with their child who are traditionally raised by n nies. (Diana's doting style is a sh departure from that tradition.) N theless, the British public was shoc when Sarah left six-week-old B Bea after just two weeks of bre feeding for the six-week jaunt thro Australia, which included only a days of official engagements.

"You're a terrible mother, Ferg screamed one headline in Austra One report in England quoted exp who theorized that Sarah might be



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ering from mild postpartum depres-
on and feel unable to face her duties
s a new mother.

The jabs must have been all the
ore difficult for Fergie to bear, since
ssociates say it was not her decision
leave Bea at home. Instead, An-
rew—who was on naval duty at the
me and planning a reunion with his
ife in Australia—is said to have
ld her, "I want you all to myself."
ike many new fathers, the duke
ay have been concerned that with
e arrival of his daughter he would
longer be his wife's first priority.

And Queen Elizabeth, who had her-
lf left young Charles and baby Anne
1950 to follow *her* husband's ship
ound the Mediterranean, thought
e couple were doing the right thing
leaving Bea with her nanny.

As is customary, Fergie did not ex-
ain her actions publicly. But one of
r Australian hostesses, Elizabeth
mpson, said, "The Duchess feels as
ough the whole world is against her,
d all she wants is to do the right
ing as a wife and mother."

On her return to England in Novem-
r, Fergie sadly discovered that some
her critics' predictions were right:
ttle Bea had come to regard nanny
lison Wardley as her mother. The
nny had even been the sole witness to the infant's first smile. But there is no evidence that Bea was disturbed in any way by her mother's early absence, and since then Sarah has seen and played with her daughter almost daily. She arranges her schedule so she never spends more than one night at Buckingham Palace apart from Bea.

Yet it seems clear that there are certain mothering duties Sarah would much rather delegate. She rarely changes her daughter's diapers, and when it is time for an outing, it is the nanny or a detective, not the duchess, who pushes the royal pram around the grounds of Castlewood House.

Still, Sarah clearly loves children (she has written two books for youngsters that will be published later this year), and, when rumors of a second pregnancy circulated a few months ago, the public wasn't at all surprised that she seemed ready to become a mother again.

Someday my chintz will come

No one could accuse Fergie of skimping on her daughter's room, however. Bea's nursery at Castlewood is a cheerful, lavishly decorated retreat with blue-and-yellow duck-patterned wallpaper and white furniture with hand-painted Beatrix Potter figures.

But the littlest princess won't be staying there very long: The Yorks are scheduled to move into their new home, Sunninghill Park, in the spring of 1990. True to Fergie's form, even something as mundane as decorating the new house was not without controversy: The Yorks' first choice for an interior designer, the American company Parish-Hadley Associates, was rejected because the duke and duchess found them "too pushy."

In deciding on another decorator, Sarah and Andrew may have been listening as well to some public criticism, and some not-so-public from the Queen, that they should have chosen a decorator from their own country. (Prince Philip is said to have offered a more earthy evaluation, saying that a preliminary design for the Yorks' bedroom resembled "a tart's boudoir.")

The young couple's final selection: Nina Campbell, perhaps the most "English" decorator in all England. Her style, much in favor with pop stars like Rod Stewart and Ringo Starr as well as Sloane Rangers, is flouncy and feminine, with the emphasis on floral chintz and tapestry footstools.

"She has made it clear," Campbell said after meeting with Fergie, "that Sunninghill must be warm and inviting, a typical English *(continued)*



ecially marked packages of Hi-C Fruit Drinks.

Teach us to delight in simple things.

—Rudyard Kipling

THE FERGIE FOLLIES
continued

country home. But she wants things to be a bit different. It's got to have her stamp on it."

Undoubtedly mindful of Philip's earlier criticism, Campbell plans to use a minimum of fussy accessories in the Yorks' boudoir. "I think," she says diplomatically, "a bedroom needs a certain serenity."

Life in the spotlight

A peaceful bedroom would certainly be one of the very few quiet spots in Sarah's life. No matter where she goes, and no matter how secret her itinerary, she is somehow found out and followed by relentless hordes of photographers and reporters.

One night late last year, she thought she had finally eluded the press for one evening. But as her small group left Harry's Bar, a pricey Mayfair restaurant, after a quiet dinner, they found the inevitable photographers outside. Turning to her bodyguard, Sergeant Brian Baston, Fergie asked, "Brian, how did they find out we were here?" Baston, who was also dismayed at the appearance of the media, could only say, "I'm very sorry, ma'am."

By the time the incident made it into the newspapers, however, it had been distorted beyond recognition; some reports even suggested that Sarah had rebuked Baston for telling her to stop drinking high-calorie margaritas. Associates heatedly deny the story. "She wasn't drinking anything other than water," says one friend. "It's very unfair, you know." Once again, Fergie had been pilloried for a minor incident, and the public seemed all too ready to believe the worst of her.

At times, however, Sarah's behavior *can* be inappropriate and appallingly insensitive: At a "Remembrance Ceremony" for Britain's war dead late last year, she was photographed giggling at a private joke. Similarly, Fergie took off on a skiing holiday a few days before a memorial service for the victims of a London train crash.

Andrew, too, can be loutish on occasion. The unfeeling remarks he made at the Scottish village of Lockerbie, where a Pan Am jet crashed in December, killing 270 people, managed to alienate the public almost altogether. Standing amid the rubble, Andrew, who has a pilot's license, commented, in a manner that struck many as callous, "Well, statistically it was bound to happen sooner or later."

It also galls many of their subjects that the Yorks carry so little of royal load—that is, those official gagements the family members are pected to attend. In the first th months of this year, Fergie had five official duties, while Andrew scheduled for just one in the whol 1989. Last year, Sarah and And attended eighty-eight official ev between them, while the frail Qu Mother, now in her late eighties, v to more than one hundred twenty was only a matter of time before dubbed Fergie and Andrew "the D and Duchess of Do-little."

Saucy Sarah

Will Fergie's conduct ever be bey reproach? This year she turns th and merely getting older may calm down. During the past year, she had to face some sobering family cr that make her own offenses seem nor in comparison: Sarah's father signed his post as deputy chairma a prestigious polo club after the p discovered he had regularly frequ ed a dubious massage parlor in L don, and her sister, Jane, was rum for a time to have left her Austra husband for another man.

Sarah may also grow closer to somewhat subdued Diana, now they are both mothers. (Associates Diana, shaken by the death of an to Charles in a skiing accident year, has drawn back from the rau crowd Fergie brought around.)

But a more probable scenario is Sarah will simply continue to go own way. Whatever the press and lic say about her, she has a stau supporter in the Queen, who sees as just the hearty, horsey sort of son with whom she has much in mon. Insiders say Elizabeth look Sarah as her favorite son's sa Before his marriage, Andrew's chant for uninhibited—and dressed—actresses had been an em rassment for the royals.

In the final analysis, whenever chorus of criticism grows unbear loud, Fergie knows she can coun her biggest fan for support. "As lor Andrew is there, everything is ok she has said. Even her most voca tractors admit that, unlike Ch and Diana, she and Andrew ha genuinely loving and passionate tionship, one that is likely to stronger with time.

So it doesn't seem likely that Duchess of York will rein in her r ral high spirits anytime soon. In the Fergie Follies, now in its year, may just turn out to be the l est-running show that ever pl the Palace.

FOR RICHER

continued from page 188

mployees were held as prisoners in ran, he masterminded the commando aid that freed them.

The business-page buckaroo is now orth some $3 billion—the third-richst man in America, according to *orbes*. The Perots' style of living is a udy in contrasts. They shop at Sears, mart—and Neiman Marcus. They ve in the same North Dallas house ey built in 1969 but have plenty of aff. A guard prowls the ten-acre roperty twenty-four hours a day. The erots also have several other homes, cluding one in the Caribbean.

While Perot courts the press, his ife likes her privacy. For most of eir marriage she concentrated on ising their son and four daughters, w aged twenty to thirty. But with e children grown, Mrs. Perot, in her rly fifties, spends more time on the allas charity circuit. Benefit balls ve Margot a chance to shine—and ow off her eye-popping jewelry. Inead of choosing a necklace to go with lress, Mrs. Perot has dresses made to cent her gems. For example, designSam Milo made a gown with a black irt and emerald green bodice to owcase Mrs. Perot's spectacular set diamonds and emeralds. But alough she's adorned like an empress, e doesn't act like one. "The best comment I could give her," Milo says, to say that her daughters are as e and unassuming as she is."

Barbara Davis

Hollywood wife

everal years ago Barbara Davis phoned Beverly Hills realtor Mike Silverman to say that she and her band, Marvin, were looking for a se. Silverman couldn't, of course, straight out if the Davises were , or how rich they were, so he used e. "I asked what kind of range they e interested in," he recalls. "Mrs. is replied, 'Oh, that doesn't really ter. If you find something we might , we'll fly down in one of our jets.' " realized then that they were *that* is: Davis Oil. The Davis who owned unk of Twentieth Century Fox.

onsidering the kind of party the ises like to give, they needed a big se. Four hundred fifty guests atled their last Christmas fete, and party favors were silver card trays Cartier. The Davises don't like licity for themselves, but the cou guests are public property: BarStreisand, George Hamilton and Joan Collins, to name a few.

A believer in the dictum that he who drills the most wells finds the most oil, Marvin Davis became America's biggest wildcatter. Then, attracted to California, he bought his way into the movie business. Although Davis has sold his Fox shares, the couple, now worth about $1.6 billion, remain in California. They had spent their honeymoon there, at the Beverly Hills Hotel (and for several years afterward made their home in Bungalow #1). It must hold some happy memories, for in 1987 Davis bought the hotel—and sold it a year later at a $64 million profit.

Marvin and Barbara are a devoted—if dissimilar—couple. At sixty-three, he is six foot four and somewhere over three hundred pounds. She is thin, tan, blond. He likes to lavish her with dazzling jewelry. The latest: a necklace that cost approximately $7 million dollars. He is famous for his bear hugs, his hard deals, and his soft spot for his wife, their three daughters and their two sons.

Even before moving to the glamour of California, the Davises found a way to glitter. In Denver, he founded one of the city's glossiest social events, the Carousel Ball, which over the years raised millions for the Children's Diabetes Foundation. (One of the Davis daughters had childhood diabetes.) During the years that Davis owned part of Fox, he would send movie stars round-trip tickets to Denver to encourage them to come to the ball; then local residents would pay as much as $10,000 to come and gawk.

The six-acre estate that the Davises eventually bought in Beverly Hills is one of the few left where the house can't be seen from the street—it is set on a promontory with a view over Beverly Hills and downtown Los Angeles. When they looked at the house, says realtor Silverman, "she did the oohing and aahing, and he did the paying." The estate cost $21 million—which doesn't seem like much when you're reaching for the stars.

Helen Walton

Just plain folks

In Bentonville, Arkansas, a church-going, no-liquor town of ten thousand, local residents say the Waltons are "just Sam and Helen." It's Helen, the wife of the richest man in America, who has worked to keep it that way, despite their staggering wealth: $7.4 billion by *Fortune*'s latest estimate. "They are not at all concerned with the high-living style of so many folks of like *(continued)*

Welcome to Simplicity 101.

—Mr. Goodbar



Simply put. Peanuts and chocolate.

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means—if there is anyone in that category," says George Billingsley, a family friend for twenty-five years. "Helen has been a very steady influence on her family." Under her tough-minded guidance, the Waltons, who have been married for forty-six years, set a standard of frugality that would be disdained by the average millionaire, let alone billionaire. She does not wear designer clothes or fancy jewels. When the Waltons fly, they go economy class. When they rent a car, it's cut-rate. Their house burned down several years ago, and they rebuilt it—*smaller:* Their daughter and three sons were grown, and they just didn't need a bigger house. "It was part of our bringing up; both Sam and I grew up in the Depression," Helen told *Ladies' Home Journal*. "If it wasn't for that, I might be the biggest spender in the world."

With $25,000 he borrowed, Sam Walton opened the first Wal-Mart discount department store in 1962. Today there are about twelve hundred stores. The stores are mostly in small towns and rural areas, and Walton may visit as many as six in one day. Helen's days are no less full. "Given the tremendous success her husband has had, another person would just be a lesser light," says Billingsley. "But Helen has and does her own thing." She is organizing a program to teach welfare mothers to be day-care workers, and for the past four years she has been bringing Central American students to the University of the Ozarks and other regional schools, to expose the young people to American democracy and values. There's a Walton Fine Arts Center at the University of the Ozarks, and a Helen Walton Children's Center, a day-care facility, in Bentonville. In 1983, to show their gratitude, Bentonville residents held a Sam and Helen Walton Appreciation Day, complete with floats and a reviewing stand.

Helen, sixty-nine, considers herself Sam's partner—not in his business but because she raised their four children. She never wanted to have a job in his stores or office. "I'm thankful that I've had the time for community service," she says. "My lands! Everyone needs to be able to share." After forty-six years of marriage, it's clear that Helen was right when she chose Walton over another suitor. "I thought life with him would be interesting," she explains. Is it? "Oh, lordy!" she laughs. It seems to be.

"My children are not spoiled," says Ivana Trump. "Donald, Jr., gets five dollars a week, my daughter gets three and the baby gets a dollar."

Ivana Trump

Donald's trump card

It was instant attraction when Ivana Winkelmayr met Donald Trump at a reception in Montreal in 1976. What interested her about him? His energy, she says: It matched her own. He was already making his move on Manhattan, putting up his first hotel. They were married the following year by the Reverend Norman Vincent Peale. The power of positive thinking—and artful deal-making—has brought the Trumps far. They have a double triplex in Trump Tower (of course) on Fifth Avenue, a weekend home in Greenwich, Connecticut, and a fifty-eight-bedroom house in Palm Beach. They have a fleet of limousines, a Boeing 727, and a jet helicopter named *Ivana*. And they have *The Trump Princess*, a 282-foot yacht with eleven guest bedroom suites, three elevators and 210 phone lines.

Ivana, thirty-nine, has given "the Donald" (as she calls her husband) three children—Donald, eleven, Ivanka, seven, and Eric, five, who are anything but overindulged rich kids. "My children are not spoiled. I think they have a sense of reality about money," Ivana says. "Donald gets five dollars a week, my daughter gets three, and the baby gets a dollar." But rearing her brood didn't satisfy the competitiveness she'd honed during her years as an Olympic skier. "I just simply can't sit," she told an interviewer. "It wouldn't be stimulating." A licensed decorator, she designed the pink marble lobby with a waterfall that is the centerpiece of Trump Tower. Then her husband placed the running of Trump Castle Hotel and Casino in Atlantic City in her hands. She helicoptered to her office there three days a week, and after three years of her management the business was turning a profit of $35 million a year.

That challenge mastered, Ivana took on another. Last year Trump bought the Plaza Hotel in New York for $390 million. He put his wife in charge of the landmark hotel for a salary of $1 a year "plus all the dresses she can buy," as he announced to the ire of working women everywhere. "I expect this hotel to be the number-one best in the world," he said. Neither of the Trumps would be satisified with anything less. Now Ivana spends ten hours a day at her Plaza office, supervising more than a thousand employees and every detail. She oversaw the design of each banister and each doorknob. At her insistence, the Plaza beds are made up with linens bearing the hotel's new monogram; the first piece of toilet paper on each roll is embossed with the monogram, too.

Work is not the only thing that fills the Trumps' days. They dine out about three nights a week. With her glossy blond hair and figure-hugging couture dresses, Ivana is a fixture in New York City society columns. She also runs her houses and a household staff of about fifty people. How does she juggle so many responsibilities? She's up at six o'clock every morning. She's organized: The three children and their two nannies have a weekly schedule posted in the playroom detailing lessons and appointments. And of course, on many winter weekends the Trumps get away from it all at their Palm Beach estate, Mar-a-Lago, which was built for cereal heiress Marjorie Merriweather Post in 1927. The 110-room mansion includes enough plates to serve "thirty people for sixty nights and never use the same dishes twice," as Trump, forty-two, bragged to a reporter. It also has a 262-piece set of blue crystal stemware and, perhaps most important for a couple that consider themselves partners in both business and romance, a sterling silver Do Not Disturb sign. ■

Nancy Cooper is a senior writer at Newsweek.

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READERS' JOURNAL

JUSTICE FOR CRAWFORDS

As counsel for the Crawfords, the couple depicted in "A living nightmare" (March), and other members of the class-action suit, we want to compliment you and author Barbara Burgower on your article.

To update your readers: Recently the judge on the case ruled that the government contractor's defense for immunity was inapplicable and that the plaintiffs didn't have to introduce evidence concerning liability except to show harm and damage. This last decision especially helped us and was the first of its type in the United States. The Crawfords' case will be going to trial on June 5, 1989.

Stanley M. Chesley and Louise M. Roselle, Cincinnati, OH

LIFESAVER

I wrote away for the colon-rectal cancer screening test mentioned in *Medinews* (October 1988). Within two weeks after submitting my test to the AMC Cancer Research Center, I received a positive result. My doctor found a bleeding polyp that could have turned cancerous if it had gone undetected. I urge all people over forty to take this test, because I had no indication whatsoever that anything was wrong.

Joyce Cutlip, Charleston, WV

A LOVING TOUCH

The article "Love me tender" (March) brought back pleasant memories of my husband, who passed away three years ago. In spite of severe illness, Bill always treated me as his best girl and best friend. I laughed reading the article, because Bill always asked to shampoo my hair—and did he ever give a great scalp massage! Bill wasn't perfect, but on our upcoming twenty-fifth anniversary, I'll be remembering all the thoughtful things he did for me.

Margaret Barraugh, Ephrata, WA

STILL A FIRST LADY

Thank you for the articles on Amy Ir and Jackie Onassis (March). I truly be that investing in one's children is rewarding. Putting them in the limeligl your life is so satisfying. I admire Jo especially. What a lady!

Bethamae Jabbora, Bellingham,

COURAGEOUS BUSH

You are to be commmended for the ex lent and concise coverage you gave to facts about bowel disease in "My sec chance" (March). Marvin Bush's stor one that needs to be told over and again.

My husband suffered from ulcerative litis since the age of eleven. The past t years the disease controlled our lives, he had the ileoanal pull-through surg He has also been given a second chan

Marvin Bush is to be applauded for c



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forward with his story. I hope other ople will realize that this disease does need to be hidden in the closet.

Nanci Stein, Beechwood, OH

. Stein is the executive director of the rtheastern Ohio Chapter of the Na- nal Foundation for Ileitis and Coli- Inc.

DER RIDDLE

'The truth about lying" (February), the istics for "who tells the most lies" ealed that New England males admit to ng the biggest liars. Now, does that an they are, or does it mean their an- ers were the most truthful? I'm just ous.

Joan Seipp-Flores, Naperville, IL

ou have any comments about LHJ, *d your letter, preferably typewritten,* LHJ, *100 Park Avenue, Third floor, w York, NY 10017.*

Journal Shopping Center

CHOLESTEROL CONTROL
Pages 83 and 86: Thom DeSanto. **Page 90:** Left—Lonny Kalfus Black Star, Thom DeSanto. **Page 92:** Left—Gary Sigman Black Star, Thom DeSanto. **Page 95:** Thom DeSanto. **Page 98:** Left—Lonny Kalfus Black Star, Thom DeSanto. **Pages 100 and 102:** Left—Nancy Bundt Black Star, Thom DeSanto.

OUR FIRST HOME
Pages 166-167: Stanley Hura Designs, Inc., 159 Madison Ave., NYC 10016, 212-725-1779; for "Moulding Makes It More" booklet, from Georgia-Pacific's Great Possibilities Library, send $3 to Georgia Pacific Corp., Dept. *LHJ*, P.O. Box 2808, Norcross, GA 30091; for your nearest Georgia-Pacific dealer or Home Center, call 800-447-2882; balloon shades, Vogue Patterns for Living #2080 (all patterns available from fine fabric stores), for ordering information, write directly to Vogue Butterick Patterns Service, P.O. Box 549, Altoona, PA 16603; fabric, #K404 Isabelle (exterior of shades), #K409 Florette (inner pleats of shades, club chair), Firenze F943 (wing chair), wallpaper border #K519 Isabelle smoke multi-light cowslip, Laura Ashley, 800-367-2000; Worry-Free™ carpet "Nobility" Regal Red #996 6053 by Karastan; Lpaint, #311 Benjamin Moore through Janovic Plaza, Inc., 1150 Third Ave., NYC 10021, 212-772-1400; throw rug, painted box, Sweet Nellie, 1262 Madison Ave., NYC 10128, 212-876-5775; Oriental Lamp Co., 816 Lexington Ave., NYC 10021, 212-832-8190; glass flower vases, bar glasses, Conrans, The Plaza at King of Prussia, 160 N. Gulph Rd., King of Prussia, PA 19406, 215-337-8322; desk accessories, Il Papiro, 1021 Lexington Ave., NYC 10021, 212-288-9330; painted table, letter rack, chandelier, Turner & Madden, 1146 Lexington Ave., NYC 10021, 212-737-5537; flowers, Sura Kayla, 484 Broome St., NYC, 10013, 212-941-8757; all window treatments dressmade by M. Kaplan, Forest Hills, NY. Dining room—area rug, ABC Carpets, 888 Broadway, NYC 10003, 212-473-3000; china, "Rosemeade," Royal Court Collection by Wedgwood, Waterford Wedgewood U.S.A., 41 Madison Ave., NYC 10010; flatware,"Melrose," Gorham Inc., Consumer Relations, P.O. Box 6150, Providence, RI 02940, 401-946-6300; crystal water and stemware, Conrans; tea set, decanters, wine coasters, brass candlestick holders, Lenox Court Antiques, 972 Lexington Ave., NYC 10021, 212-772-2460; floor stain, Minwax, "Special Walnut" #224, through Janovic Plaza, Inc. Brass tray, candlestick lamps, ice bucket, mirror, local thrift shops, needlepoint pillow, Lord & Taylor.
Pages 168-169: Bedroom—Duvet cover, Vogue Patterns for Living #2080, European pillow squares, VPL #1422, vanity skirt & stool skirt (use directions for ottoman cover) in VPL #1711; pleated shade, Butterick #6040; Worry-Free™ carpet "Stunning" Seashell #G30 by Galaxy; fabrics, Waverly; antique clock, Turner & Madden; bed linens, Gracious Home, 1220 Third Ave., NYC 10021, 212-517-6300; pillow, hatbox, heart-shaped box, Sweet Nellie; botanical prints, Lenox Court Antiques; paint, #A1016, Benjamin Moore, through Janovic Plaza, Inc. Kitchen—flooring, Armstrong Designer Solarian II, "McCormick Place," Gray Granite, #82105; roman shades, Vogue Patterns for Living #2079; fabric, "Southport" #PAR-00233F; wallpaper, "Newport" #PAR-00079, gray, by Motif Designs, 20 Jones St., New Rochelle NY 10801, 914-633-1170; counter designed and installed by William Tekverk, 718-767-2115; table, chairs, stools, microwave cart, trolley, wall clock, all accessories, Conrans; french canister set, Mrs. Bracken's; ceiling fans, #25577, light kit #26102, Hunter Fan Co, 2500 Frisco Ave., Memphis, TN 38114, 901-743-1360.

THE FERGIE FOLLIES
Pages 180-181: Large photos, left to right—Duncan Rabin LFI, RDR Productions, Jim Bennett Globe Photos. Chart, left to right—Jim Bennett Globe Photos, T. Graham Sygma, Jim Bennett Globe Photos, Jim Bennett Globe Photos, T. Orban Sygma, T. Graham Sygma, Outline Press, Outline Press, J. Parker-Spooner Liaison.

FOR RICHER AND RICHER
Page 184: Top—Michael Baytoff Black Star, Ron Galella, Wesley Hitt. **Page 185:** Top—James Smeal Ron Galella, Ron Galella, Goff Galella.

THE BEST FOR LESS
Pages 190-191: Left—bow, The Honey Collection; hat, Michelle Jaffe. **Pages 192-193:** Left—sweater, Land's End; belt, Jill Stuart; cap, Jag; sunglasses, Riviera; bandana, Canal Jean Co. NYC; bracelets, The Limited; boots, Nocona Boot Co. **Pages 194-195:** Left—Sneakers, Keds; scarf, Echo Design Group. Right—bandana, The Honey Collection.

BEAUTY SMARTS
Page 199: Bracelet, Detail; sunglasses, Riviera; sandals, 9 West. **Page 201:** Blouse and skirt, Patricia Clyne; chiffon scarf, John Jacobus.

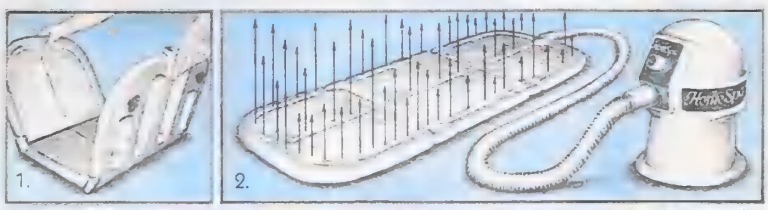
PERFECT MEALS
Page 216: Blue salad bowl, Pottery Barn, 117 E. 59th St., NYC 10022.

CHEFS' COOKING SECRETS
Pages 218-219: Giant objects, Think Big Inc. 390 Broadway, NYC 10012 (catalog $1, refundable upon purchase).

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By Marie Isabelle



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Janet Matthews

wo years ago I stopped wearing rings—whether pierced *or* clip-ons. Every e I wore them, my earlobes swelled and sore. Fashion wasn't worth the pain.
hen something happened.
responded to a mail order advertisement a free pair of earrings made especially for sitive ears. To my surprise, these ear-gs really worked: all soreness, itching, flaking disappeared.
ill skeptical, I did a little research. e's what I learned.
he pain I'd felt is called *contact matitis*—an allergic reaction responsible the symptoms that make most earrings ncomfortable for about half of us who r them. I was surprised to learn that it's gered by the common alloys and solders d in every pair of earrings I owned—even expensive 14K gold ones!
ne solution, tested and proved in a recent dical study by noted dermatologist xander Fisher, M.D., is pure, 24-karat and surgical stainless steel combined unique plating process. The result is ply Whispers pierced and clip-on rings—irritation-free and guaranteed oallergenic.
visited Roman Research and saw how ern medical standards were applied in ing these earrings. I also saw *thousands* tters of thanks to Ms. Stone from women cross America. Let me quote just two:
Before Whispers came along, my ears ld get seriously infected by even the t expensive earrings. I work for a doctor, even he was amazed."
ere's another.
had my ears pierced about 15 years ago, I have never been able to wear any kind rrings, even clips, without getting a re-n . . . Now I can, and I really can't be-e it!"
hat I had experienced is a very common lem!
. Stone said that because of the fantastic onse to Simply Whispers (more than 000 women tried them last year), the pany now offers a "Lifetime Guarantee nst Discomfort" on hundreds of beauti-arrings—classic styles, seasonal colors, children's styles, priced from just $5.98 s new color catalog.
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LAST LAUGHS

Out of the mouths of babes

Before my wedding day, I asked my five-year-old cousin to be our flower girl. She very excitedly replied, "Yes." Two days later she asked her mother, "Mommy, what kind of flower do I get to be?"
—Karen Garrido, Sacramento, CA

Lisa, my five-year-old daughter, was about to lose her first baby tooth and was thrilled to learn that the tooth fairy would be bringing her fifty cents. After considering the possibilities, Lisa said, "Are there enough teeth in my mouth for a new bike?"
—Mrs. Diane Maynard, Syracuse, NY

After we finished our Mother's Day dinner, my normally lazy six-year-old said, "We can't let Mom do dishes on Mother's Day." I thanked him and gave him a hug. He then continued: "Don't worry, we'll take them to the sink, and you can wash them tomorrow!" *—Sue Evans, Findlay, OH*

FOR BETTER OR FOR WORSE By Lynn Johnston



From the 1989 FOR BETTER OR FOR WORSE CALENDAR, by Lynn Johnston. Copyright © 1988 Universal Press Syndicate, published by Andrews and McMeel. Reprinted by permission.

FOOD FOR THOUGHT

My husband buys on impulse;
He never takes a list.
He shops when he is hungry—
Sweets and snacks he can't resist.
He's sure to buy smoked oysters,
Fine wine and crab croquettes,
Which make life more exciting
Than the oatmeal he forgets.
He's as happy as a schoolboy
When he can shop gourmet,
Which means *I* buy the staples
When he comes home from play!
—Corinne Adria Bariteau

TERMS OF ENDEARMENT

Back in the dating pool? Here's how to interpret a man's personal ad

SEEKS WOMAN WHO . . .	TRANSLATION
WANTS A 50–50 RELATIONSHIP	He doesn't want to pay for your dinner
LIKES CHILDREN	He wants you to take his kids to the amusement park on weekends while he goes fishing
LIKES SPORTS	He wants you to bring him beer and pretzels while he watches baseball on TV
LIKES THE OUTDOORS	He wants you to do the yardwork

From DATING, copyright © 1988 by Nancy Linn-Desmond. Published by arrangement with Lyle Stuart, Inc.

COMING IN June

Corin and Daryl Riley

It's the berries Love to pick summer's bounty right off the bush? Double your fun by whipping up one of our fruity delights. We'll give you recipes for frozen raspberry ribbon pie, blackberry sorbet, and more.
The backyard catalog Summer days are made for relaxing in the great outdoors. Take a look at the most comfortable garden furniture and accessories around, and turn your yard into an outside oasis.
"Help! My bank just failed" One Texas businesswoman thought her money was safe in the bank—until the day she tried to make a withdrawal and found out her savings had disappeared.
Salad days Do the lazy crazy days of summer keep you from cooking? Our salad selections will take the heat out of your kitchen.
Summer style for every body No body's perfect! But you can make it look as though yours is. No matter what your shape, there are figure-flattering shorts, pants—even swimsuits—for you.

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SES' STORIES YOU'LL NEVER FORGET

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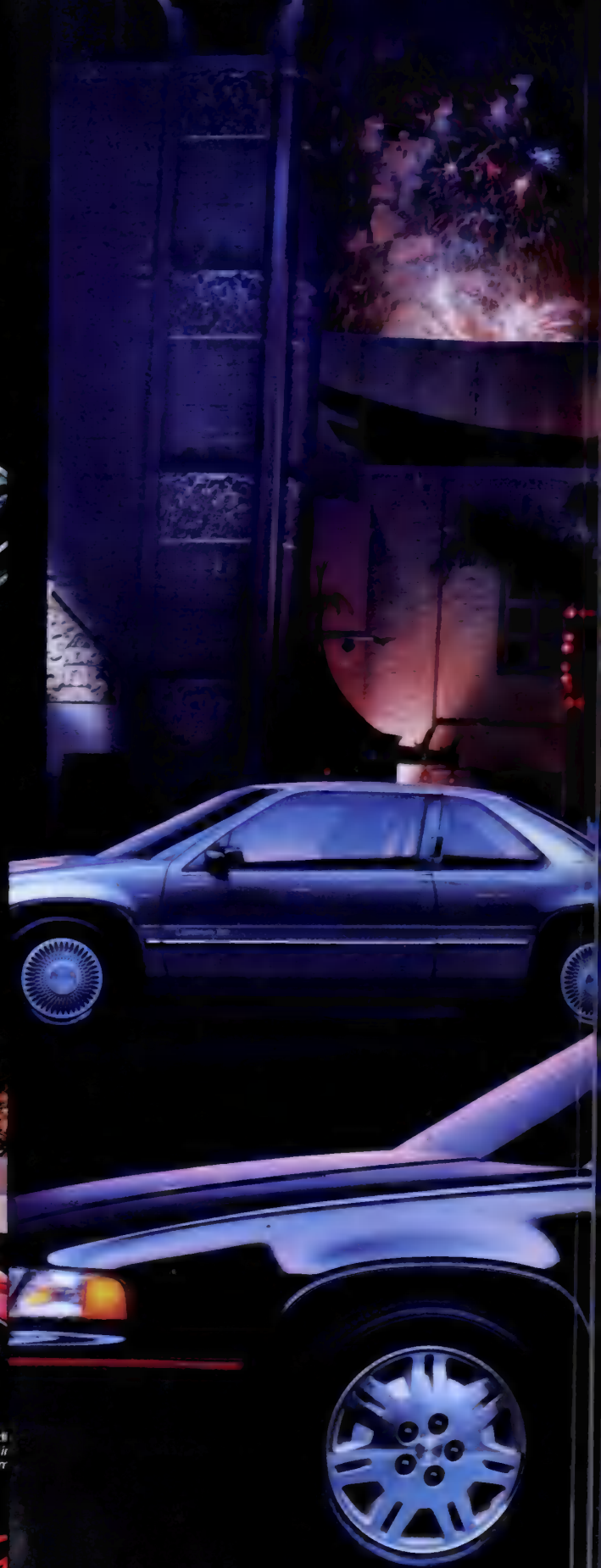
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THE Heartbeat TO



GM Let's get it together... buckle up.

The Family Lumina at the entrance to "The Great Movie Ride" at the Disney-MGM Studios Theme Park in Florida.


MINA

EDITOR'S JOURNAL

By Myrna Blyth



In praise of Dads

The first man in every woman's life is her father. How she views the men she meets later, how she values herself, depends to some extent on her relationship with her dad. I'm lucky: My own father, besides being tall, dark and handsome, is serious, responsible and hardworking. He was always there when I was growing up to make me feel secure. But I think Dad has a secret romantic side as well. The day he met my mother (on a New York City subway), he went home and told his mother he had met the woman he was going to marry. Occasionally, he still gets that special look in his eye and serenades Mom with a chorus of "Always."

In honor of Father's Day, I asked the staff to share some of their memories of their dads. Here's what they had to say:

Art Assistant Kathryn Weiss remembers: "When I was taking Algebra II in high school, I kept getting really low scores on my tests. The day before the final exam, the teacher warned me I was failing. That night my father sat up with me all night long, and we went through my algebra book from cover to cover. The next day I passed my exam."



Beauty and Fashion Assistant Hyla Finn says: "When I was a little girl, my mother decided to go to law school. My father fully supported her decision and took over many of the household responsibilities. My favorite times were when he took us grocery shopping. At that time he was the only man strolling down the aisles in the supermarket. And he would buy us all the treats we wanted!"

Copy Editor Carolyn Noyes remembers her father taking her to the newspaper where he worked. "Every Sunday he set aside special time to spend with just me, and I always begged him to take me to the newsroom at the *Press Herald*. He never pushed me to pursue a publishing career, but I must have gotten some ink in my veins from those weekly trips to Daddy's newspaper."

Executive Editor Lynn Langway says: "As a ten-year-old I gave my father a French cookbook, a chef's hat and an herb rack for Father's Day—and created a monster. Years of gastronomic triumphs followed. But his tastes can be, well, individual: I'm certain he's the only person making cassoulet in a Honolulu heat wave these days."

Happy Father's Day to the dads in your life—and enjoy this terrific issue.

READER CALL-IN DAY

This month it's Wednesday, June 7, from one to four P.M. Eastern time. Remember, the call's on you. At the phones: Health Editor Nelly Edmondson Gupta and a gynecologist, 212-351-3680; Assistant Beauty and Fashion Editor Susan Parkes, 212-351-3682; Food Editor Jan Hazard, 212-351-3681; and Assistant Managing Editor Nina Keilin, 212-351-3683.

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Send all subscription correspondence and change of address (include latest mailing label and allow 8 weeks for change) to P.O. Box 10895, Des Moines, IA 50336-0895. Send all other correspondence to Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.

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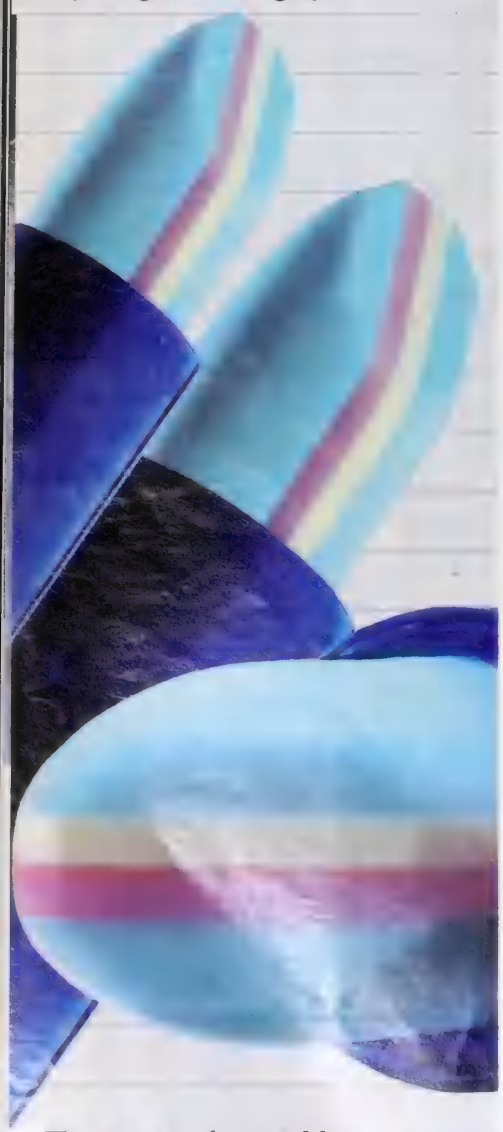
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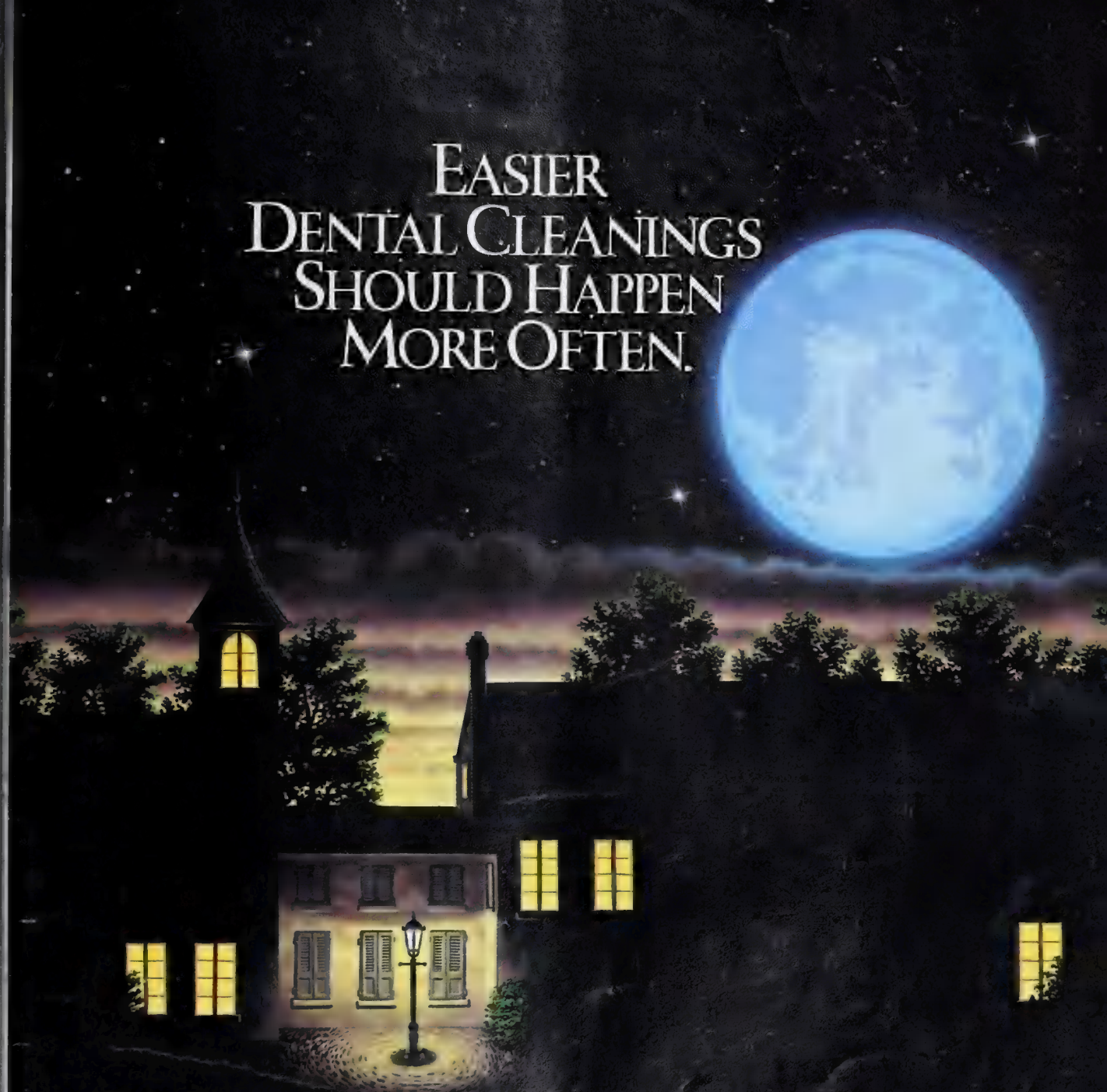
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CAN THIS MARRIAGE BE SAVED?

"Our dream house made our marriage a nightmare"





Joyce and Jack sold their home to renovate a town house. What happens when tastes—and tempers—clash?

By Sondra Forsyth Enos

Introduced thirty-six years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Robert L. Barker, M.S.W., Ph.D., who is affiliated with the National Catholic School of Social Services, in Washington, D.C. The story reported here is true, although names and other details have been changed to conceal identities.

Joyce's turn

"How could trying to agree on the purchase of a front door destroy twenty years of marriage?" asked Joyce, a trim, youthful forty-two-year-old. "I'm exaggerating, but the fight we had last night was no exaggeration. It was awful, and it all started with the door.

"To be honest, ever since we sold the house in Virginia and moved to the city, we have done nothing but argue. The irony is that Jack is a contractor himself, and I know he makes sure his clients get the highest-quality products and service. But when it comes to us, he wants to cut corners. And though he said he'd handle the work himself, he lets day after day go by without lifting a finger. The place is full of rubble and Sheetrock, and we can't live a normal life. I'm like the shoemaker's daughter—the contractor's wife without a decent home.

"Anyway, when we were fighting over the door, Jack ended up smashing some of our best china before storming upstairs to bed. For me, that was simply the last straw. After all these years, now that the boys are away at school, am I finally seeing the real Jack? Well, if so, I don't like it.

"Look, I know moving was my idea, but Jack didn't seem so upset at the time. We had been in that same little house since John and Ron were seven and five. And though we had put a lot into the place, it had gotten, well, pretty run-down. Not that it was ever a showplace. For one thing, we had never really decorated. We kept saying that with two rambunctious boys and all their friends tracking in and out, it didn't pay to get good furniture. So is it so terrible to want a few nice things now? Haven't we earned it? I'm not saying I didn't like the house. It had a comfortable feel that was fine for those young family years. But life goes on. You reach a new stage. Because I was barely twenty when my first son was born, I'm still young and I have a lot I want to do—like take *(continued)*

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CAN THIS MARRIAGE
continued

a few college courses, entertain friends elegantly, go to the theater instead of baseball games. After so long with the kids as our priority, Jack and I finally have a chance to share some new experiences. And the city's the place to do that. Why can't Jack see that? Why does he have to put me down for wanting to better myself?

"Anyway, while Jack agreed to the move, it now looks as though he really wanted to stay in that house forever. We live in one of the most exciting cities in the world, and he comes home, opens a beer, gets maudlin about the good old days and then goes to bed.

"You know, I've really been working hard to make this place a home for us, and all Jack can do is get into huge fights with me over the decorator. We have hired this person to help me pull it all together, and she has come up with some terrific ideas. But Jack just glances at the sketches and hits the ceiling. He says it looks like a museum instead of a home. I'm not saying he has to get as excited as I am, but he doesn't have to belittle my taste.

"Looking back, I guess I should have seen the writing on the wall. Jack is eleven years older than I am, and when he proposed, he said he knew I'd make a good mother for his children. I think he saw me as someone who would fill the role of wife and mother. I'm sure that had something to do with the fact that he had run away from home when he was sixteen and had basically been on his own since then. His mother died giving birth to her tenth child—Jack's the oldest—and his father was a cold, authoritative man who expected Jack to take on a lot more responsibilities than a teenager could manage.

"Anyway, Jack apprenticed himself to a carpenter and learned the trade well. Then he joined the Air Force, became an officer and traveled all over the world. I was working in the PX at Andrews Air Force Base when we met. You can see how I was swept off my feet by this handsome man in uniform. We were married six months later.

"My parents thought I was too young, especially since I was the baby and had two older brothers who still weren't married, but they adored Jack and didn't put up too much of a fuss. We were all thrilled when I got pregnant right away, though we did spend the first years of our marriage traveling a lot. I can't tell you how exciting it was for me, the small-town girl, to see so many new places. But for Jack, it was all beginning to wear thin. I wanted to get out of the service a settle down in a real home.

"I wouldn't have minded a little m globe-trotting, but the boys were getti to be school age, and they needed a s ble environment. We bought the hou Jack opened his business, and I beca a suburban mom.

"I'm not saying I regret those yea Jack is a wonderful father, and l tween us we've brought up boys we c be proud of. John is headed for l school, and Ron is a freshman Georgetown. But we sacrificed a lo particularly in our relationship. W young kids, how often do you get spend real time together?

"But now that we're not playi Mommy and Daddy there seems to nothing between us but bitter wor And we're stuck in this monster hou that will never be finished. Can t ever work?"

Jack's turn

"I'm going to tell you about my g den," said Jack, fifty-three, a silv haired man with movie-star g looks. "I loved that garden. I had tom toes, peppers, radishes, peas, even asparagus patch.

"Okay, so it's corny, but I'm not e



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ırrassed to say it practically killed e to give it up. I had looked forward planting tomatoes with my grandds and giving them vegetables to ke home. I'm talking tradition here. never had any roots. I had been on y own since I was a kid, and when we ught that house, I was finally putng down roots—literally. And now I nd out that for Joyce, it was just a ıssing phase. She didn't wait five inutes after our younger son left for hool to start talking about selling e place.

"I know it wasn't much of a house, ıt it was comfortable and I had put a t of myself into it. I'm a contractor—damn good one, thank you—and that ıse was very special to me. My boys ew up there, and I built their attic drooms with my own hands. I built e family room where we all put tother the train set and shared ıristmas mornings. Doesn't that ean anything to Joyce?

"So maybe the house wasn't all done like you see in a magazine, but I ways felt I could relax there. How as I supposed to know that all along yce was just biding her time? If she ted those baseball games, why the ck didn't she say so? Did she think e was doing me a favor by going and ing miserable? She's even talking about going to college. Now, what does she need to do that for? I'm a self-made man, and I've done right by her. I know the boys are grown now, but does that have to mean the end of life as we knew it?

"Well, there's no point in dwelling on that. I let her talk me into moving. She didn't nag, but she was pretty clear about how much this meant to her, and I love her too much to have said no. But I don't think either one of us realized how much work this old house needed. A lot of that is my fault; I didn't pay as much attention in the beginning as I should have. My heart wasn't in it . . . I guess it still isn't. But Joyce has to realize that I have a business to run, too. She's after me day and night, complaining about the mess.

"And you can't imagine the money she expects to pour into this project. She picked out a front door that costs eighteen hundred dollars. Now, I know you can get a perfectly fine door for much less. Who's going to walk in and say, 'My, what a beautiful front door you have'? Our expenses are astronomical, and that door isn't necessary. But when I point this out, Joyce gets hysterical. I'm just being practical.

"And don't get me started on that decorator. She's got all these highfalutin ideas, and I hate every one of them. I don't want to sit on a pink love seat with gold stuff on the arms.

"So I got carried away the other night. It was a bad scene, and I apologize for that. But this is driving me crazy. I don't know how to find the time or money or energy to do what Joyce wants. She's a stranger to me, talking about dreams and things I never heard from her before. Maybe she doesn't need me anymore. Maybe she's better off without me, doing her own thing."

The counselor's turn

"This couple present a classic case of the hidden-agenda problem in a marriage," said the counselor. "That is, each partner had a clear vision of a life plan, but their visions were distinctly different and were never discussed openly. Add to that a fairly significant age difference, and you have a marriage in trouble, even though there had been an illusion of smooth sailing for many years.

"The row-house renovation was the catalyst that brought this couple's problems to a head. Though it certainly presented some very real problems in itself, the house was, in truth, a symptom of underlying concerns that had to be dealt with. Yet *(continued)*

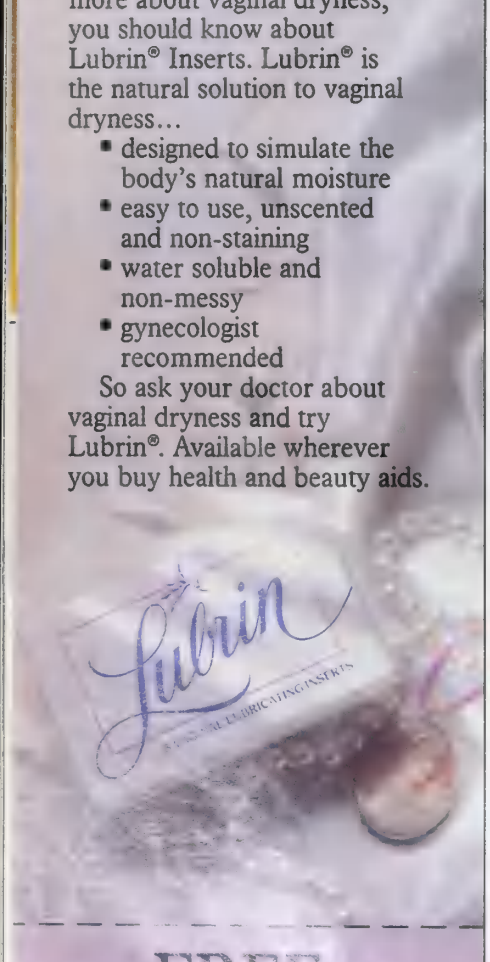
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■ CAN THIS MARRIAGE
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in my experience, any kind of home-improvement project can strain a couple's relationship more than most realize—no matter how long they have been together. Several issues are involved—taste, money, inconvenience—and major decisions have to be agreed upon when, as is often true, a lot is at stake. (There is a bit of folk wisdom about never hanging wallpaper with your spouse that has more than a kernel of truth to it.)

"Though we had much emotional ground to cover, my first step was to help this couple deal with the practical aspects of their situation. Since they had never really made a workable budget for their renovation, I had them sit down and painstakingly plot out what they could realistically spend. As a result of this exercise, the front-door crisis was solved: Once Joyce saw where the money was going, she admitted that satisfying her passion for a hand-carved door was out of the question.

"The next practical step was to list the projects to be completed in order of priority. This allowed Jack to work out a timetable for himself. With deadlines in place, the anxiety they both felt about when their nightmare would be over was also put into perspective.

"These exercises greatly eased Jack's mind, and his natural love of carpentry resurfaced, giving him the energy he had lacked to put any effort into his new home. Consequently, the project began to move along faster than either had anticipated, which further buoyed their spirits.

"The third and final practical issue to deal with was the decorator, whose tastes were the antithesis of Jack's. Much discussion and wrangling went on, and in the end, Joyce realized that her unrelenting insistence on truly elegant furnishings was also unnecessary. 'Of course, I want Jack to be comfortable in his own home,' she said. 'We can compromise.' At the recommendation of friends, she found a new decorator who was much more adept at helping them choose a color scheme and furnishings.

"But such issues, though important, were only the tip of the iceberg. Like many people, Joyce and Jack had failed to develop a pattern of actually talking with each other. Busy with the demands of raising a family, they had lived a life of assumptions, never expressing goals or hopes or dreams along the way. As a result, the process of discovery was not without pain.

"In particular, Jack found it hard to accept the fact that Joyce could not find lifelong fulfillment in her role as wife and mother. Having lost his ow mother at a young age, he was mo secure seeing his wife as the happ homemaker. However, as I pointed ou to him, this was a very unhealthy d mand, since it denied Joyce the righ to be a complete person with needs an goals of her own. Eventually, aft many sessions, Jack was able to se this. He even agreed that Joyce shou take some college courses, though h finally admitted that he also fe threatened by this option since h feared his pretty, relatively young wi would grow away from him. On Joyce understood that, she was able reassure him that her desire to furth her education did not mean that sh wanted to move farther away fro him. They also agreed on another com promise: Jack would go to the theat with her if she would go to baseba games with him. Also, both of the were free to pursue their own activ ties, a solution that made them happ

"As for Joyce, she had never unde stood Jack's deep-rooted need for sec rity. Her own happy, easygoing chil hood had armed her with a sense mastery and self-esteem, and if an thing, she craved adventure rath than comfort. That Jack had investe so much emotion in their old hou surprised her, but as time passed sh did come to feel genuinely sorry th she had not appreciated his sentime tal attachment. In fact, Jack was su fering from a classic case of male em ty-nest syndrome, and when Joyce nally recognized this, she was able help him fill the void, both by allowi him his trips down memory lane well as by encouraging him to purs new activities of his own. Before lon Jack volunteered as a Big Brother an is now thoroughly immersed in th organization's functions.

"Through all of this soul-searchin the row house was gradually nearin completion. Almost a year after I fir met them, Joyce and Jack invited m for a visit, and they both shone wi pride as they took me around the new home.

"As we walked out, Jack showed m that he had also set aside time an space to fulfill another dream: Tuck into a small plot behind the row hou is a miniature version of his belov country garden. 'I've had a chance experiment with different varieties plants and flowers,' Jack explaine 'and there will still be plenty of veg tables for the grandchildren,' he joke

"Jack and Joyce were in counselin for fifteen months, and by their la session, I knew they had emerged fro a period of strife with an enthusias for a future of new experiences as ri as the traditions of their past."

Ticket to Ride.

"Dad talks in smokescreens. Can't ever say what he really feels. Like this morning, getting ready to go. All he could talk about was the car. Did I have the oil checked? How were the brakes? So I told him, I had the Goodwrench guys at the GM dealership look it over.
I did, too.
See, this car is my ticket to the real world. My freedom to go where I want to go. You better believe I'm gonna take care of it.
Dad just nodded.
But I knew what he was saying."

Your car is an important part of everything you do, whether it's a shopping expedition to the mall or striking out on your own. That's why it's important to take it to Mr. Goodwrench.
No one else has the GM factory training, the experience, the genuine GM parts that Mr. Goodwrench has.
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Mr. Goodwrench

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TO REDEEM AS $1.00 STORE COUPON:
CONSUMER: Present this entire, original coupon to your retailer.
RETAILER: This coupon will be redeemed for $1.00 plus 8¢ handling when presented for stated product and terms of offer have been complied with. Coupons will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise unless authorized by us. Tax must be paid by customer. Coupons may not be assigned, transferred or reproduced. Invoices proving sufficient purchases of coupons presented for redemption must be shown upon request. Coupon is void if taxed, restricted or prohibited by law. Cash value 1/20 of 1¢. Offer good only in USA. For payment, mail to: ROUX LABS, P.O. Box 870123, El Paso, Texas 88587-0128. One coupon per product purchased. Coupon expires 9/30/89.

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CONSUMER: Present this original coupon to a salon using temporary haircolor for a Free Fanci-full Rinse Color Service. You will pay the normal charge for any additional services you may request.

SALON OWNER: Present this original coupon, along with name, address and telephone number of the customer that received the Free Fanci-full Rinse Color Service, to your participating ROUX distributor. You will receive one free bottle of Fanci-full Rinse, 15 oz. (your choice of shade). Coupons may not be assigned, transferred or reproduced. Invoices proving sufficient stock purchases to cover coupons presented for redemption must be shown upon request. ROUX LABS reserves the right to contact your customer to verify application of Fanci-full Rinse.

One coupon per customer. Offer expires 9/30/89.



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*Among Salon Colorists who correctly named or identified a temporary brand of haircolor used most often.

A LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE



Janice Rubin/Black Star

"This experience taught me a lot of important lessons," says the author. Keeping all her bank receipts and deposit slips is one of them

"Help! My bank just failed!"

I thought my local bank was safe. Then, without warning, it collapsed. Would I ever get my money back?

By Jon P. Goodman

Like a lot of single mothers, I like to see myself as savvy about managing money. I've put a daughter through college, and next year my son will earn his degree. I own my own home, and I have no debts. Not only that, but as regional director for the University of Houston Small Business Development Center, I help thousands of businesses control their cash. If anyone ever had a handle on her finances, it was me—or so I thought.

I haven't always known so much about money, though. Until I was thirty, I never even thought about paying bills. My husband was an investment banker on Wall Street, and we never had to worry about having enough to get by.

That changed in 1972, when my husband and I were divorced. As a single mom with a six-year-old daughter and a four-year-old son to support, I learned quickly about how to earn—and save—money. I landed a job as a commercial designer with a decent salary, but for the first time in my life, I had to pinch pennies. It was frightening to realize that if I spent too much on meat for dinner, one of the kids might not be able to get new shoes.

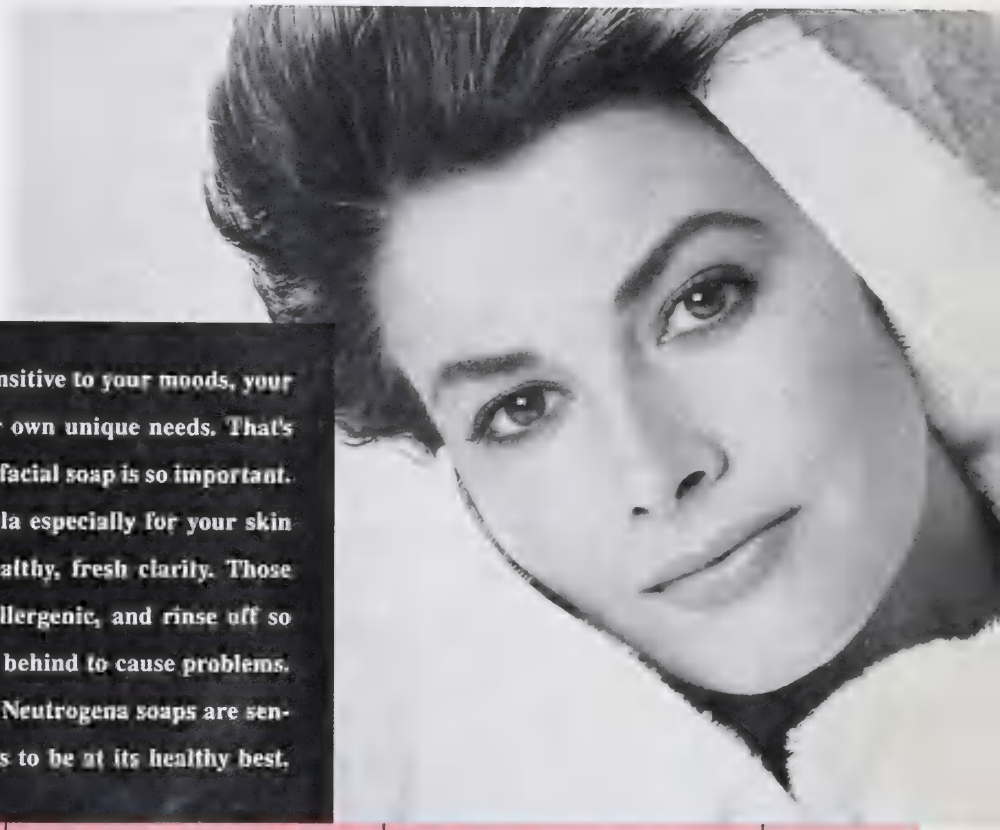
Gradually, my career interests changed to business. In 1980, after earning my Ph.D., I was offered a job as an assistant professor at the University of Houston's College of Business Administration. I was making more money, but I was still very careful about what I did with it. I didn't feel safe putting my earnings into something paper like stocks and bonds; I wanted easily accessible cash. So I invested in CDs (certificates of deposit) and put the rest in my savings account, where I thought it would be safe.

But last December 8, my financial security suddenly vanished. That evening, I'd stopped at an automatic teller machine (ATM), in need of cash. But instead of giving me my money, the machine printed out a message saying *(continued)*

It's as simple as making the right choice.

NEUTROGENA®
THE SKIN EXPERT'S GUIDE.

HEALTHY SKIN



Like you, your skin is sensitive to your moods, your environment, and your own unique needs. That's why choosing the right facial soap is so important. When you use a formula especially for your skin type, your skin responds with healthy, fresh clarity. Those by Neutrogena® are pure, hypo-allergenic, and rinse off so thoroughly, there's no residue left behind to cause problems. Recommended by dermatologists, Neutrogena soaps are sensitive to just what your skin needs to be at its healthy best.

OILY	NORMAL/COMBO	DRY	
You shine a little by noon, and tend to have enlarged pores and blackhead/blemish incidents. Using an oil-dissolving, astringent soap is *imperative.* But your skin is more sensitive than you may think, so choose an extra-mild bar like Neutrogena Oily Skin Formula. It won't overscrub or irritate your skin.	Your skin has a smooth, even-pored nature. But you are sensitive to both dry and oily skin reactions. You need a facial soap that can cope gently with drier areas and *still* cleanse oily areas perfectly. Try Neutrogena Original Formula. It leaves your skin flawlessly clean, safe from clogged pores.	Your skin is fine and delicate. Sun, wind, cold, even hearing the word "dry" affects your skin! Avoid ordinary cleansers, and use a facial soap with special emollients like Neutrogena Dry Skin Formula. It is extra gentle and rinses flawlessly, protecting your skin from dulling, drying residue.	***THE CARE YOUR SKIN NEEDS***
Clean, clean, clean—gently, gently, gently—is your rule. The rewards? Your skin defies age more than any other.	***With proper cleansing, you'll find a healthy glow easy to achieve. A little pampering does wonders!***	***Give it pure, pure cleansing, faithful moisturizing, and your skin is the most refined, most delicately beautiful of all.***	***THE BEAUTY OF YOUR SKIN TYPE***
Breakouts? Extremely oily? Neutrogena is so mild you can use it three or four times a day.	Allergy-sensitive? Use Neutrogena Original Formula (Fragrance-Free). Like all Neutrogena formulas, it is hypo-allergenic.	Temperamental skin? Neutrogena Dry Skin Formula (Fragrance-Free) is the ultimate in soothing cleaning.	***BEST-FOR-YOU TIP***

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ADVERTISEMENT

(continued) "this transaction cannot be completed." I assumed it was out of order. But the second ATM I tried printed out a more frightening message: "This transaction cannot be completed as your bank is currently out of service." I began to worry. Well over two hundred banks and savings institutions had failed that year in Texas—about ten in Houston alone.

That night I had dinner with a friend who works at a large bank. I told her about the ATM incident and how concerned I was. She just laughed and said that it was common for banks to go off the network when doing their audits. "Don't worry," she said. "Unless, of course, the bank *has* failed. But that wouldn't happen. Another bank would pick up the depositors." I figured her explanation was plausible.

But the next morning, I got a shock when I saw the newspaper headline: "ResourceBank Fails, FDIC Liquidates, FBI Investigating." The paper said that *my* bank had collapsed and was being investigated for insider dealings. It was to be liquidated (the depositors paid and the assets sold).

I was stunned. Essentially, the bank no longer existed, which meant that my checks were no good. I had a great deal of money—more than $50,000, including years of savings—in my checking account and a CD, but I had no way to get to it, and no idea whether I'd ever see it again.

I called ResourceBank right away. The FDIC (Federal Deposit Insurance Corporation) officials would tell me only that the bank would be available to depositors on Monday (it was Friday). I was instructed to bring in all my records including my last bank statement, canceled checks and my current check register, as well as all deposit slips and ATM and money order receipts. I also needed all documents pertaining to my CD. If these papers were in order, they said, I might be able to get my money.

I hung up with a sinking feeling. I didn't have my deposit slips or ATM receipts. I always write down my banking transactions, so I'd never thought there was any need to keep the receipts. I was afraid these missing records meant I was going to lose some of my money.

I was absolutely frantic that weekend. I kept imagining a disaster would happen and I'd need cash. When I sliced an onion for dinner, all I could think about was that if I cut my hand I wouldn't even be able to write a check at the hospital emergency room.

I went to the bank first thing Monday morning. Already the line snaked across the parking lot and around the back of the building. The FDIC officials would let only two or three people into the bank at a time. Everyone was very tense. After two and a half hours, I finally got inside.

The bank was quiet, like a funeral home. Depositors stood hunched over, the way people must have looked during the Depression. Deliberately, I squared my shoulders.

An FDIC representative handed me a notice that explained that depositors would be given their bank statements as of December 8 with all canceled checks to date. You were then to reconcile your statement; if you agreed with the balance, they would give you an FDIC claim, a check drawn against the FDIC for the amount the depositor is owed. Any personal checks that depositors had written that had not cleared by December 8 at six P.M. would be returned stamped "bank closed."

I made my way to a metal picnic table set up in the middle of the bank lobby, where I was given three envelopes. One contained the bank's copies of my statement and canceled checks, another my savings account statement and the third the original documents for my CD. I was lucky—the bank did not have these *(continued on page 195)*

Breaking the banks

What happened to Jon Goodman is not that unusual. Last year, 221 banks and 205 savings and loans (S&Ls or thrifts) failed throughout the U.S. Most were in Texas, but closings also took place in twenty-seven other states, according to Caryl Austrian of the FDIC, which insures deposits at commercial banks. And federal regulators estimate that at least five hundred thrifts are in trouble across the nation.

Why are so many thrifts running aground now? The General Accounting Office, which reports to Congress on how government agencies spend public funds, blames fraud for an estimated 80 percent of S&L failures. Executives in some thrifts used federally insured deposits to finance mansions, bonuses and other perks for themselves.

Many experts also cite a lax regulatory environment at a time when S&Ls were allowed to expand well beyond their original mission of making home loans. Bad economic breaks, especially plummeting oil prices, then left thrifts in the once-booming Southwest holding bad loans.

What about *your* bottom line? Fortunately, insured depositors lose nothing on accounts up to $100,000 per institution if it fails. Furthermore, you can get coverage for more than $100,000 at any one S&L or bank if you keep your money in different types of accounts. For example, you can maintain one account in your name, a joint account with your spouse and an IRA—*each* of these accounts is insured for up to $100,000. (However, insurance regulations vary from bank to bank. Check with your institution.)

Yet even if personal deposits are guaranteed, whenever a thrift stumbles, we are all likely to wind up paying the bill. Under a new rescue plan proposed by President Bush, for example, $40 billion of the estimated $90 billion needed to close or merge the ailing S&Ls will have to come from tax money.

If your bank does fail, don't panic. Assuming your money is insured, you should receive it within days. Both the FDIC and the Federal Savings and Loan Insurance Corporation (FSLIC), which insures deposits at S&Ls, require proof of ownership of deposits; you'll also need personal identification. Keep receipts from any deposits or ATM transactions until they clear on your statement to help catch any bank errors.

In the case of a liquidation, check for discrepancies between what the FDIC or FSLIC says you are owed and what you think you're due. If you can prove the agency is in error, you have several months to file an appeal. But once you accept a claim from them, you have no further recourse.

Finally, keep a running balance of your bank accounts, balance your checkbook monthly and hang onto pertinent receipts. It could save you frustration and money in the end. —BARBARA BURGOWER

Workaholic.

All night. Every night.

Emollient-**rich**

Night of Olay gives your skin
eight hours of

uninterrupted

replenishing treatment.
Boosting moisture
and **resiliency.**
Easing dry lines.
Skin feels firmer.

And, **oh,**
the little **lift**
you get from
looking younger in the a.m.



HAVE YOU SEEN CELEBRITIES LOSING WEIGHT ON LIQUID DIETS... WHICH IS BEST FOR YOU?

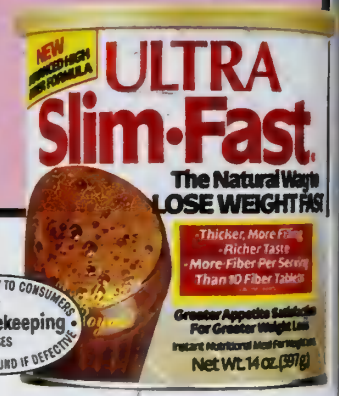
Optifast®† or Ultra Slim•Fast®

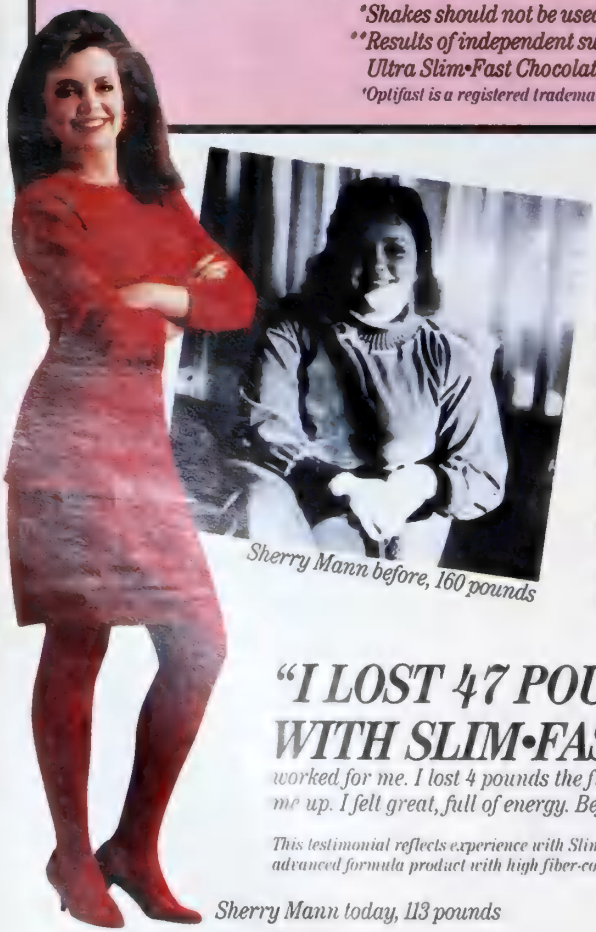
For Fast, Natural Weight Loss...at Low Cost. The Choice Is Clear.

Compare for yourself:	Optifast 70®† weight loss program	Ultra Slim•Fast® weight loss program
Nutritionally complete Liquid Meal Replacement program for weight loss?	Yes	Yes
You enjoy a Solid "Real Food" Meal every day on this weight loss plan?	No...only 5 drinks a day	Yes...2-3 shakes plus a sensible dinner*
Delicious chocolate milkshake flavor preferred in taste test**	No	Yes
Rich in fiber?	No...zero fiber	Yes...5 grams fiber per serving (Chocolate Royale)
A program available without a doctor's supervision?	No...through hospitals and doctors only	Yes...food, drug and mass merchandise stores everywhere

Plus Optifast† costs $35-$70 per week plus doctor's fees.
Ultra Slim•Fast® costs $7.99 a can (4-6 day supply)

*Shakes should not be used as a sole source of nutrition.
**Results of independent survey of consumer taste preferences between Ultra Slim•Fast Chocolate Royale and Optifast 70 Chocolate flavor.
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Sherry Mann before, 160 pounds

Sherry Mann today, 113 pounds

When you want to lose weight fast, Ultra Slim•Fast gives you everything you need. The Ultra Slim•Fast Meal replacement program was developed with the help of leading doctors and nutritionists to help moderately overweight people lose weight quickly and then enable them to keep it off. When you follow the Slim•Fast program, there's no overeating, or eating the wrong foods. You get rid of excess pounds and fat without going hungry, without counting calories, and without drugs!

Ultra Slim•Fast® helps you feel great while you lose weight quickly. Ultra Slim•Fast mixes instantly to give you a healthful, nutritious, liquid meal replacement. With the protein, vitamins, minerals, healthful fiber and bran your body needs to function efficiently on few calories while you burn off fat fast. So you'll feel good while you're losing weight.

So start today. Lose the weight you want to lose quickly and save money.

"I LOST 47 POUNDS, AND KEPT IT OFF WITH SLIM•FAST.®"

I tried many diets in the past but Slim•Fast was the only diet that worked for me. I lost 4 pounds the first week. I was amazed at how good Slim•Fast tasted and how it really filled me up. I felt great, full of energy. Before I knew it, I reached my goal. 113 pounds...was I ever happy."

This testimonial reflects experience with Slim•Fast before the development of Ultra Slim•Fast an advanced formula product with high fiber-content and a richer taste.

Bright ideas for a radiant June

Specs appeal

Are celebs shades savvy? Here's the scoop from eye-spy Richard Morgenthal, of Morgenthal-Frederics Opticians, New York City


Jolly good


Ray ban


Uptown glamour

FERGIE Sophisticated enough for about-town clout, the duchess's choice is A-one. Shades with side lift are face-slimmers.

PAULINA She may be all-knowing when it comes to perfume, but with sunglasses she misses the mark. These conceal her chiseled cheekbones. A smaller, rounder, thinner pair would play perfectly with her model image.

CHRISTIE BRINKLEY Sexy dark lenses give Billy's girl even more chic.

TERRI GARR Ric's Rx for Terri? Trade in clear frames for trendy green or black ones that contrast with her blond hair.

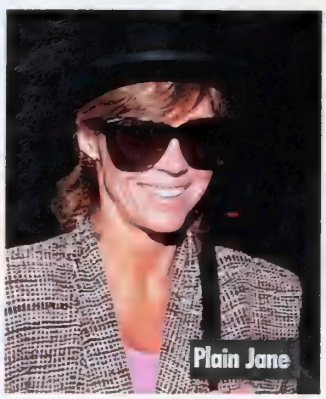
QUEEN ELIZABETH Dated modified aviators are simply unfit for a queen. Frames with upturned sides would take off years.

PRINCESS DI Di looks a tad sad in teardrop frames. How to broaden her scope? Glasses with a lower bridge would play-down her nose, play up regal cheekbones.


Terri-ble


Out of focus


Don't cry, Di


Plain Jane

JANE FONDA She may be fond of huge lenses, but Ric suggests she save face with a scaled-down, horizontal style in tortoise shell.

FAYE DUNAWAY Faye's in the right frame of mind. Her bold, horizontal matte black frames lend leading-lady allure.

JACKIE O She's rarely seen without her trademark specs, but it's time to retire the enormous seventies frames. Smaller, slightly rounded, elongated frames would restore Jackie's see-worthy status. ▶


Faye's fine


Jackie O-no

Photos from top, left to right: Mauritius/Globe Photos, Ralph Dominguez/Globe Photos, Bill Davila/Outline Press, Walter McBride/Stills-Retna, Harvey/Stills-Retna, T. Graham/Sygma, Ralph Dominguez/Globe Photos, Ralph Dominguez/Globe Photos, Owen Franken/Sygma.

Give yourself a Perfect 10

For all the tough breaks (and snags and chips . . .) that come their way, nails deserve a megadose of TLC



ARE YOU PRONE TO NAIL PROBLEMS? HERE, SIX OF THE MOST COMMON, THEIR CULPRITS AND CURES.

nail ailments

CRACKED NAILS
Caused by the overuse of polish solvents and dishwashing detergents. Discontinue use of all nail products, and moisturize hands and nails regularly.

RIDGES
Often occur during illness, when the body reroutes major blood and food supply to fight the disease. Nails become deprived and grow erratically. Ridges can be minimized with the use of ridge-filling base coats.

SPOON NAILS
Soft nails that curve up cuplike above the tips of fingers, spoon nails are sometimes a genetic trait but can also be a sign of iron deficiency. *(continued)*

fake-out fixes

If your nails never look salon-perfect despite diligent care, these surefire cures can put them in tip-top shape. ■ Press-on nails. These inexpensive plastic nails are applied with adhesive tape and designed to be worn for just a few hours. Available polished or unpolished. ■ Nail tips. Acetate tips trimmed to your nail shape and glued on. They last several weeks with weekly touch-ups. Do-it-yourself kits cost about $7, or try a manicurist ($5 to $7 per nail; one hour to complete all ten). ■ Sculptured nails. A more expensive option ($30 to $40 for all ten), this salon technique builds an acrylic nail over the natural nail. ■ Nail wraps. A strip of silk, linen or fibrous paper is glued on, and the edges are glued down over tip to build strength (about $10 per nail). When dry, they are manicured as usual.

All nail tips from THE NEW MEDICALLY BASED NO-NONSENSE BEAUTY BOOK. Copyright © 1989 by Deborah Chase. Published by Henry Holt and Company. Used with permission of Lowenstein Associates.

David Croland

ADIEU GRAY

My own natural color's come back.
Only better. Much better.

Such luster and lights, such liveliness.
Avantage's rich Crème Fluide
did all this.
Covered only my gray.
Without peroxide or ammonia.
And Avantage gradually washes away.
It's very, very kind to hair. Best of all,
I'll never have roots.
So good-bye gray.
It's been nice not knowing you.



AVANTAGE® Crème Fluide by L'Oréal

L'ORÉAL® NEW YORK

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David Croland

nail ailments

WHITE SPOTS
Can show up as a result of illness, trauma or for no reason at all. The only remedy—cover them with colored polish.

YELLOWING
May result from external staining (nicotine, dark nail polish and hair dyes can share the blame), allergic reactions and infections. Nails do grow more yellow naturally with age as circulation decreases.

SHREDDING
Prompted by injury or infection, the tip of the nail starts to come off in small pieces. In the case of an injury, only time can replace the damaged nail with a healthy new one.

Power to protect

Strengthening products make nails more resistant to chipping and splitting and give them a chance to grow without constant snags and tears. **Protein hardeners** *are the best bet for soft or brittle nails that tend to break at the top. The protein in these clear polish formulas adheres to the nail and acts as a moisturizer, creating a protective shield against excessive water loss.* **Nylon fiber hardeners**, *also clear polishes, contain fibers for extra strength—especially good for soft or peeling nails. Apply the first coat from nail base to tip; brush on second coat from side to side.* **Conditioners** *come in creamy paste or polish formulas and are usually used at night to moisturize nails. (The formula is too oily to serve as a base coat in a full manicure.)*



Give yourself a perfect 10

1 File nails gently and evenly, in one direction only—a back-and-forth motion can tear and weaken nails. Soak nails in warm water with a few drops of moisturizer added. After twenty minutes, use a nail brush to cleanse cuticles and under nails.

2 Apply cuticle remover. Cuticles should become sufficiently softened so that sharp instruments are not needed to push them back; simply cover fingertips with a linen towel and rub cuticles away. Dry the nail thoroughly.

3 Apply a base coat in your preferred formula—plain, strengthening or ridge-filling. To apply, use the three-stripe method: Brush a line of polish down center, and fill in color from the right side, then the left.

4 When base coat is dry, brush on colored polish, again using the three-stripe method. Wait five to seven minutes before applying the second coat. (Each top coat applied increases the nail's strength and resistance to breakage.)

5 Apply a top coat for shine and protection. Run it under nail tips, too, to help prevent polish from peeling and to strengthen tips. It will take forty-five minutes to an hour for all four coats to dry, but nails are still susceptible to smudges for two to three hours. Dipping fingertips in ice water can help speed-set polish.


fit never felt so pretty.
Fruit of the Loom® panties. Soft cotton comfort in a palette of pretty pastels. In briefs, bikinis and high-thighs. With gently hugging waistbands, light caressing legbands to fit your curves... your moods... your everything.
Ladies' Panties
FRUIT OF THE LOOM
We fit America
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they say it can't be bottled. Don't believe it.

Believe the facts:
Fact one: Your skin is constantly losing the essential fluids that help keep it looking younger.
Fact two: This amazingly similar fluid starts sinking in instantly.
Believe the proof: The way your skin looks within moments of application:
Softer. Smoother. Younger.
And radiant again.

Why grow old gracefully?
Fight it with Oil of Olay.





Now sensitive skin has something to **celebrate.**

introducing new Oil of Olay Sensitive Skin Beauty Fluid. Bringing sensitive skin softness, smoothness, radiance.

And a younger look.

This new, white beauty fluid is so compatible with your own sensitive skin, it absorbs almost instantly, without being irritating. Helps to restore moisture levels to sensitive skin so well, so thoroughly, it, too, can look younger.

And isn't that really something to celebrate?

color free. fragrance free.

dermatologist tested. non-comedogenic.

new, new, new sensitive skin formula.



Why grow old gracefully?
Fight it with Oil of Olay Sensitive Skin Beauty Fluid.





Have you revamped your **lifestyle** to look and feel your best? LHJ and Sugar-Free JELL-O® desserts want to know how you combine great-for-your-body **fitness** and balanced **nutrition** for a healthier lifestyle. The secrets of your success could win you a trip for two to Hawaii and an appearance on ESPN's *Basic Training*. Turn to page 195 for entry information.

Aspire higher℠ search

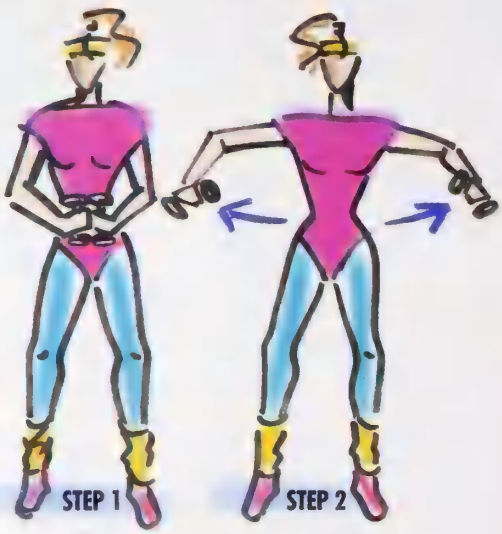
"Look good...feel better," a program co-sponsored by the American Cancer Society, operates a toll-free hotline for patients coping with changes in their appearance, such as hair loss, resulting from radiation and chemotherapy treatments. Call 800-558-5005 from 8:30 A.M. to 8:30 P.M. EST, Monday to Friday; 9:00 A.M. to 6 P.M. EST, Saturday.

chest firmer

Tone up your pecs for a shapelier bust with this exercise by Laura Keeler, of the London Workout, in Philadelphia.

STEP 1 Stand with knees slightly bent, as shown. Holding a one- to three-pound weight in each hand, bend elbows at waist level, bringing hands together in front.

STEP 2 Slowly raise upper arms to just below shoulder level. Arms should remain slightly bent. Return to starting position. Repeat ten times.



New PRODUCTS

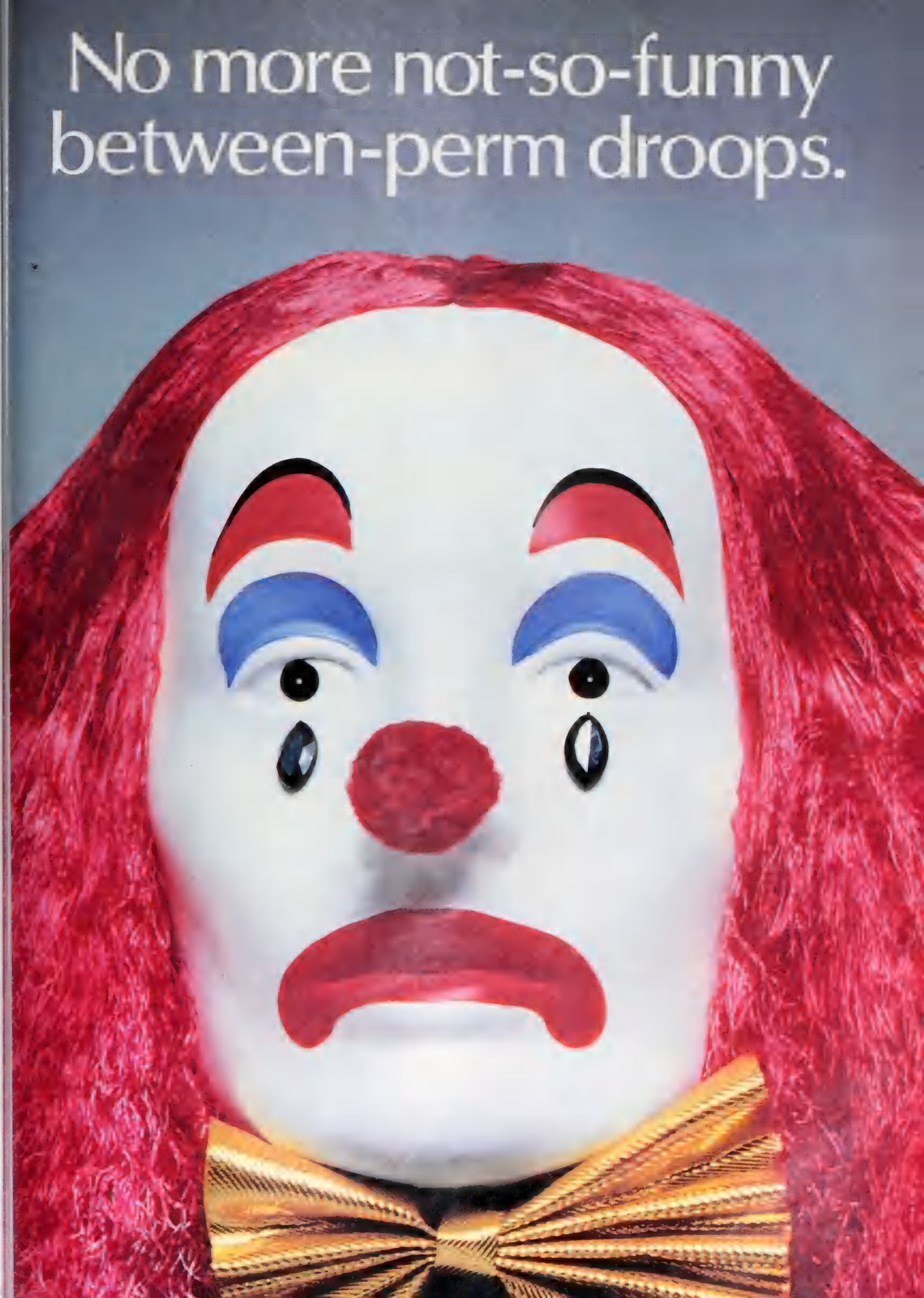
■ The great-for-summer French manicure—pale, see-through color brushed on over polished white tips—goes brighter with the sunny hues (Pacific Pink, Venice Peach, Malibu Mauve and Bel-Air Beige) of L.A. Nails by Max Factor.

■ Two super nail products from Revlon: Cuticle Check conditions and removes cuticles in one easy step. Stainguard Anti-Stain Base Coat does it all—shields nails from polish pigments and strengthens nails.

■ Revlon's Grow 10 is a formaldehyde-free, resin-enriched base coat that gives nails a lustrous finish and protects against splitting and peeling.

Photo, Christof Gstadler; illustration, David Croland. ℠Service mark of the Women's Sports Foundation

No more not-so-funny
between-perm droops.

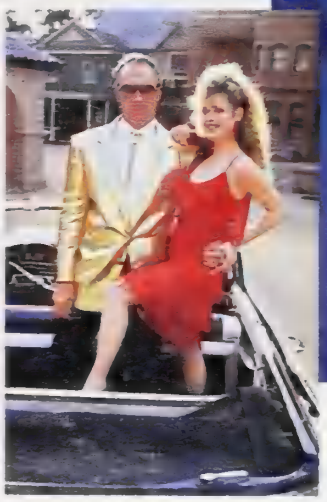


star

not-so-tough talk from CLINT EASTWOOD



Eastwood has directed many of his films; in his latest, *Pink Cadillac*, he sticks to acting (with co-star Bernadette Peters, below)



Don't expect to find some vengeful vigilante. In reality, this cult hero is a shy guy who loves his kids and eats his vegetables

By Pamela Leigh

He sure *looks* a lot like Dirty Harry. The tanned, hard-lined face and chiseled jaw. The squint. The slow, raspy voice. The no-nonsense, I-don't-go-to-a-unisex-salon haircut. That lean, mean six-foot-four frame. Those long, blue-jeaned legs, those wimp-kicking Reeboks.

Reeboks?

Dirty Harry wears *jogging shoes*?

So go ahead, make his day. Ask Clint Eastwood the inevitable question: Is the rugged actor *really* like his most famous film persona, San Francisco police inspector Harry Callahan?

"I'm a little tired of being confused with Dirty Harry," he replies. "Harry is a bitter man, a roughneck, who in effect has no choice but to rebel against the rules he considers unfair. I think the role is the one that I play best onscreen—but not in real life.

(continued on page 43)

Photos from left: Warner Bros.; E. Adams/Sygma.

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You know the look—wilting waves, collapsed curls—a perm on its last legs. Well, that's all history with new Epic Waves™ Anytime Perm.

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"For one photograph, I might have to do Arlene's hair six different ways. So it's 'Quick, hand me the Clairol® Heated Rollers.' They help give me whatever look I want to achieve. "They don't overheat, and the rollers have a unique core that





keeps them at the right temperature. I wouldn't trust hair like this to anyone but Clairol.® And neither would Arlene."

CLAIROL®
Heated Rollers

(continued from page 38) "People who meet me are always surprised that I'm congenial," he adds, munching cheese crackers as he sits in his production company bungalow in Burbank, California. "I guess they expect me to pull out a forty-four. Well, I can't. I don't even *own* a gun."

And in his new movie, *Pink Cadillac*, don't expect a high body count either, even though Eastwood plays a bounty hunter who apprehends bail-skipping criminals. The film, opening Memorial Day weekend, is a comic action-adventure, co-starring Bernadette Peters. Eastwood's character disdains violence, relying on his mettle instead of his Magnum, and he goes about his business with more of a wink and a smile than a menacing glare. "He wears disguises and imitates people," Eastwood explains. "It's something different."

Onscreen and off, the fifty-nine-year-old actor likes doing something different, something people wouldn't expect. In the thirty-five films he has made (directing thirteen of them), he has developed a reputation that oozes machismo. Yet this shy, soft-spoken man has produced some thoughtful films, including *Heartbreak Ridge*, which between action scenes probed the human spirit and the ill effects of war, and *Bird*, last year's acclaimed drama about the troubled life of jazz saxophonist Charlie "Bird" Parker. Eastwood not only listens to jazz, he also knows how to play the piano, bugle and cornet (as a teenager he performed in an Oakland blues club). He still writes music and has worked on the themes for many of his films.

The billion-dollar man

Though Eastwood is one of today's most financially successful filmmakers—his movies have made more than $1 billion—he has been, until recently, one of the most critically unappreciated. As an actor, he's never won an Academy Award or even been nominated. Some critics have mocked the fact that in many of his movies he spends more time snarling and shooting than he does speaking. And though he has earned respect as a director, he was passed over this year for what many thought was an assured Oscar nomination for *Bird*.

Eastwood is philosophical about it all. "In the early years, critics had no idea who I was—I was just a guy from TV who wasn't even supposed to be there," he says. "Now, a lot of them, like the audience, have grown up with me, they understand my work, have even grown to appreciate it.

"I have always done crazy things, but people tend to recognize that now," he adds. He took a chance in 1982 with *Honkytonk Man*, a tearjerker about a dying country-western singer, and in 1984 with *Tightrope*, about a cop trailing a sado-masochistic killer whose tastes are not so unlike his own, "because they worked and were fun and interesting. If I limited myself to just one shoot-em-up a year, I'd be pretty bored."

Eastwood runs his life in the same manner he runs his company, Malpaso Productions—simply, with a heavy emphasis on the basics. Despite twenty-five years as a major bankable movie star, he remains a Hollywood loner.

"Being an introvert gives me, by sheer accident, a certain screen presence, a mystique," he muses. "People have to come and find out what's inside me. If I threw it all out for them to see, they might not be interested."

Thus it's no surprise that Eastwood is notoriously tight-lipped about his personal life. For thirty-one years he was married to Maggie Eastwood, his college sweetheart and the mother of his two children, Kyle, now twenty-one, and Alison, seventeen. They separated in 1979 and divorced amicably in 1984. (The settlement did cost Eastwood about $25 million, however.) Since the separation, Clint's companion has been Sondra Locke, forty-two, whom he met filming *The Outlaw Josey Wales* and who has appeared in many of his films. He claims the relationship remains strong, despite the tabloids' attempts to light a romantic fire between Clint and others—from Barbra Streisand to fifty-three-year-old Jean Grace, his successor as mayor of Carmel, the Pacific Coast town he's called home for nearly twenty years. ("I love Sondra—ten years of being together, isn't that proof of love?" he says, closing the subject.)

Father knows best

What Eastwood *will* talk about eagerly is his children. Both kids have acting ambitions of their own, and each has appeared in one of Dad's films (Alison in *Tightrope*, Kyle in *Honkytonk Man*).



Eastwood met Sondra Locke when she auditioned for one of his films. They've been companions—and co-stars—for ten years, but rumor has it that the relationship is troubled

"I thought they did splendidly in film work, but there's plenty of time for them to make up their minds about it," Eastwood says. "My son is very interested in music. He and my daughter are both still in school. They both want to continue their education in a normal way, and I want them to do so. My daughter has received a number of offers, serious ones, to work in movies, but they required her to drop out of school. She thought about it and decided against them.

"I have always treated my kids as adults," he continues. "I have never talked down to them. Kids are the greatest natural actors in the world, yet you go to a movie and see terrible kid performances all the time. That's because adults are telling them how to act, giving them their perceptions of what a child should and shouldn't do. Just let them be themselves, not adults. Allow them to make their share of mistakes. If you train them well, they won't make that many of them."

Eastwood himself drifted into acting. Born May 31, 1930, in San Francisco, he was the son of a poor gas-station attendant who spent the Depression uprooting his wife, son and daughter as he traveled the West Coast looking for work. Young Clint attended many schools, which he now credits with helping him develop a sense of self-reliance and imagination. He was a quiet child who learned from his mother how to play the piano, and he dreamed *(continued)*



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CLINT EASTWOOD
continued

of becoming a musician.

When he was drafted into the Army the dream changed. He met a couple o aspiring actors—including future TV stars David Janssen of *The Fugitive* and Martin Milner of *Route 66*—and decided that acting might be a fun way t earn a living when he left the service After wangling a screen test, he secure a $75-a-week contract from Universa Pictures. However, after a year and half, he was told he'd never make it, an he—along with a fellow bit playe named Burt Reynolds—was fired.

But Eastwood kept auditioning an eventually landed the role of cowpunch er Rowdy Yates on the popular TV se ries *Rawhide*. Then, in 1964, came Ser gio Leone's low-budget spaghetti west ern *A Fistful of Dollars*. Eastwoo played the poncho-clad Man With N Name—and made his own moniker fa mous. He's been a box-office bonanz ever since.

Success with the critics took longe Eastwood's first shot at directing—th haunting thriller *Play Misty For Me*– was criticized when it was featured a the 1971 San Francisco Film Festiva for presenting a woman as a villain. Th same year, *New Yorker* film critic Pau line Kael called *Dirty Harry* "a fascis film." How things change. Today, ol Harry seems about as tough as Lassi when compared with Rambo or th Terminator. And Eastwood has bee hailed by the *Los Angeles Times* fo being Hollywood's foremost femini filmmaker.

"It's funny," he reflects, "how, i time, you can go from one end of th spectrum to the other without doin anything differently."

The political stage

After playing so many savage rul breakers, Eastwood was probably th last man most people would have e pected to join the system. Yet he mad international headlines when he ra for—and won—the job of mayor of Ca mel in 1986. After two uneventful yea (some joke that his most important a complishment was legalizing the sale ice-cream cones), he decided not to ru for a second term.

"I don't regret being the mayor," h adds, grabbing for another handful cheese crackers. "I enjoyed the job ar the public service and the accomplis ments I helped put through. But I nev in my foggiest notions thought it wou gather as much attention as it did- Carmel is a town of forty-eight hundre people. I thought it would attract not ing more than a small mention on t

wires. Instead, it put me exactly where I didn't want to be—on the eleven o'clock news. People thought I was looking toward statewide office, which wasn't true at all."

A friend of another Republican actor-turned-politician—former President Reagan—Eastwood has been saddled with a conservative label. Yet once again he proves to be far more complex than his surface image. He has voiced his objections to what he sees as the bloated Pentagon budget and has protested the effect of offshore oil drilling on the environment. A noted conservationist, he says he's happiest when surrounded by nature.

"I like to go up to the mountains, where you can almost hear the silence," he says. "It's a soothing, nonthreatening silence. I love sitting and watching the birds, especially the waterfowl. I can watch for hours."

So there you have it: Mr. Macho likes to watch waterfowl. And if you have any suspicions left that he's really no more than the sum of his film parts, consider his thoughts on health and fitness. "I try to eat as much fish as possible," he says, "and more vegetables and pasta than anything else. Occasionally I'll cheat and have a bowl of ice cream. But I really think diet is essential to how you grow old. I also work out an hour or so every day, mostly on the weight machines, and do quite a number of push-ups. I'll stay in the best physical shape I can."

Eastwood also says that, except for an occasional beer at the Hog's Breath Inn, the Carmel restaurant he co-owns, he rarely drinks and never uses drugs. "I'm one of the few guys I know who hasn't tried cocaine," he says, almost in amazement. "I have never been interested. I never had the urge or the curiosity about drugs that some people seem to have. To be totally honest, I have never understood what it is about drugs that makes them so appealing—yet there seem to be more people using them today than ever before.

"Drugs are just one of the factors that have combined to turn us into an extremely tolerant society," he adds, warming to his subject. "There no longer seems to be a sense of outrage about anything."

Aha—outrage at last. Maybe there *is* a little bit of his celluloid alter ego coming through. Eastwood readily admits he's fascinated by Dirty Harry, having played him now in five movies. "For me, it's a lot like visiting an old friend," he says. "I want to see how he feels, if he's just as cantankerous and if so, if he still channels that anger in those same directions. The acting challenge in those films is not as great, but that's okay. We've been making a Harry every five to seven years . . . and part of the fun is keeping Harry alive for different groups of audiences. Whether or not I'll do him again, I can't say."

While he makes up his mind, his next film will be *White Hunter, Black Heart,* a fictionalized account of director John Huston's making of the famous Bogart-Hepburn film, *The African Queen.* Once again he'll do double duty, both directing and starring in the Huston role. "It's much easier just doing the one job, acting or directing," he admits. "If you're in the film you have to be concerned about the wardrobe, people pulling at you all the time. Whereas if you're just directing and you forget to shave, that's not a problem."

Asked about his future film directions, Eastwood becomes a bit reflective. "I thought by this time I would be directing more and acting much less," he says. "That still is in the back of my mind. But it always comes down to a script that you want to do, a part that seems made for you."

One thing's for certain: "I will never retire," he says. "I've had my ups and downs, but these last few years I really have been enjoying myself. I can work in this business until I'm an old man." He laughs. "*Tough Derelict. Dirty Derelict. Rampage in a Geriatric Ward.* Movies like that.

"Seriously, though, the key is never to get stale. That is one thing I will never do." ■



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THE TOWN THAT LOST TWO TONS

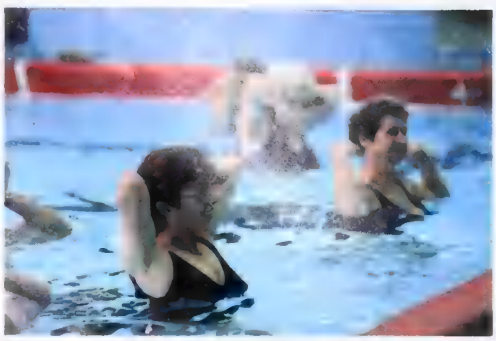


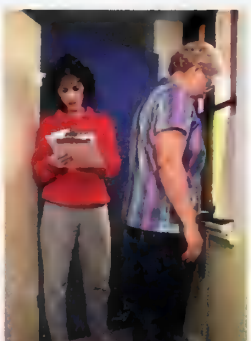
Wellsburg, West Virginia, made headlines when its citizens went on a diet. One year later and two tons lighter, residents are leaner, healthier—and very proud!

By Denise Grady

Despite its extremely wholesome name, the town of Wellsburg, West Virginia, isn't the likeliest setting for something as trendy as a communal experiment in cardiovascular health. Wellsburg is an unpretentious place, a working-class town on the Ohio River, where the most popular dish at Stella's Goody House Diner is fattening french fries with gravy—not broiled fish or steamed broccoli. There are no high-tech health and racquet clubs here, no natural-food stores, no personal fitness trainers or vitamin-touting nutrition gurus.

But there is a lot of heart disease in Wellsburg, as there is in all of West Virginia. The state has the nation's second-highest death rate from cardiovascular disease and the highest rate of obesity. The reasons for these percentages aren't known, though job woes and stress may play a part; the closing of some local coal mines and steel mills has left the region hard-pressed economically. Lack of knowledge *(continued)*





Some residents walk to burn calories (above); others favor water aerobics (left). *Everyone* weighs in

Photos, top and bottom left: Ben Schneider.

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TOWN LOST TWO TONS
continued

may also be a factor. Chuck Henry, a downtown store owner, says, "I knew cholesterol was bad for you, but I didn't really know what it was. I couldn't see it, couldn't feel it, just hoped I wasn't around it."

Now, however, Wellsburg is finally starting to mend its ways, thanks to an innovative $4 million program brought to town last May by the Bayer Aspirin Company. The experiment, which will last two years, is designed to reduce the major risk factors for heart attacks and strokes: obesity, high blood pressure, smoking, stress and high blood cholesterol.

For the one thousand people who signed up, the program's directors have prescribed a low-fat, high-fiber diet, exercise, stress-management techniques and periodic testing to determine progress. The remainder of Wellsburg's nearly five thousand citizens—and residents of neighboring towns—have been offered free cooking and aerobics classes and lectures on heart disease, nutrition, stress reduction and weight loss. There are also stop-smoking classes, for a $25 fee.

Townsfolk acknowledge their initial suspicion of the program. "People figured Bayer would want us to take aspirin or be guinea pigs for some new drug," says Chuck Henry. Although Bayer has sponsored and publicized studies showing that aspirin inhibits blood-clot formation, thereby lowering many patients' risk of getting a heart attack or stroke, no one was asked to take anything other than classes and medical tests. As a result, says Henry, "most people became convinced the program is just a really good freebie."

So far, the results have been encouraging. After three months, participants in the program had lost a total of 3,584 pounds; at six months, 4,055 pounds—just over two tons. The average weight loss has remained about five pounds, although some people have dropped as much as thirty. Similarly, the average cholesterol level has dropped from 221 to 207 (the desirable level is 200 or below), and some residents have achieved even more dramatic reductions. Moreover, although many of the participants signed up to lose weight for vanity's sake, their main concern is now health, says Lisa Booher, program coordinator.

The make-your-own-rules diet

Such substantive changes have been made somewhat easier by the program's flexibility. "We're not putting everybody into a room and saying 'You must do these things,'" says program director Bill Reger, an exercise physiologist. "We are looking to offer people tools that work for them." That means guidelines instead of rules, goals rather than requirements. People are counseled not to give up their favorite foods entirely, or all at once. Even a bit of cheating is okay—once in a while. There's little to be gained, Reger says, from an approach so rigid that it scares people away.

The diet guidelines do recommend, however, that fat intake be reduced to 20 percent or less of the day's calories (the national average is 38 percent). Assuming a total daily intake of 2,000 to 2,500 calories for an adult, that means that only 400 to 500 calories should come from fat. (That may seem generous, but a mere tablespoon of cooking oil or salad oil has 120 fat calories; a tablespoon of butter or margarine, 100 fat calories; a slice of plain pizza, 81; a cup of vanilla ice cream, 126; and a lean, broiled three-and-a-half-ounce hamburger, 167.)

Foods high in saturated fat and cholesterol—red meat, cheese, egg yolks—are discouraged in favor of fish, skinned poultry and skim-milk dairy products. Carbohydrates—fruits, vege



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bles, beans and whole grains—ould make up at least 68 to 72 rcent of daily calories. Only 8 to percent of daily intake should be imal protein, derived from no more an six ounces of poultry, fish and n meats. Also recommended: 25 ams of fiber, which are supplied by e carbohydrates.

But diet isn't enough; exercise is ually important. The program's par-pants are urged to exercise for thirty forty minutes four times a week. me attend low-impact aerobics classes d in the high school cafeteria while ers walk or work out in the commu-y swimming pool in the summer.

tress-beating rategies

ess management is also an impor-t part of the Wellsburg program; urers emphasize the fact that self-eem—feeling good about yourself your life—can help keep you well. ecently, Olympic diver Greg Lou-is spoke to program participants; said he often reminds himself that matter how he performs on the div-board, his mother will still love . Reger emphasizes that such wledge—that you're more than the of your successes and failures—can help you maintain your emotional and physical health.

Another stress-busting tactic the program spotlights is time management, which includes learning how to set priorities, delegate authority, plan ahead and avoid procrastination and perfectionism.

While some residents were primarily attracted to the stress-management or dietary components of the program, others enrolled because they've seen friends and family suffer the consequences of heart disease. Sharon Welch, nurse director of the county health department, has a younger brother who, at age thirty-eight, needed quadruple bypass surgery. Sharon's father had a heart attack at forty-two; he died last November of heart disease. Shaken by her experiences, Sharon joined the program, lost fifteen pounds and dropped her cholesterol thirty-six points, to 215.

Another Wellsburgian, Roberta Gillispie, had to talk her husband, Jerry, into signing up. Gillispie, a mechanical engineer with a high-pressure job and four children, said he was too busy and didn't think he needed it. "I've always exercised; I've never been fat," says Gillispie, who is five foot eight and weighed 163 pounds before he began the program. "I considered myself a healthy thirty-eight-year-old American male." But, Roberta recalls, after she and his boss coaxed him into the program, and a cardiologist explained the results of his first medical tests, "Jerry just sat there in shock."

"They said I was obese and my cholesterol was in the danger zone," Jerry recalls. "They had statistics showing that within ten years I could have a heart attack or need bypass surgery." Jerry was unnerved; his father had died at sixty-three of heart disease, and his mother has high cholesterol and hardening of the arteries. Jerry's cholesterol was 215, he was at least ten pounds overweight, and the proportion of his weight made up of fat—32 percent—branded him obese; 15 to 19 percent is the healthy range for men. He was also unfit: On a six-minute exercise test on the stationary bike, his pulse and blood pressure had risen too much for a man his age.

Even more surprising to him were Roberta's results. Roberta, who weighed 158, had a cholesterol reading of 147, and she had done better than Jerry on the bike test. Roberta's body fat, 32 percent, was the same as Jerry's, but since women are allowed 18 to 23 percent, she was not as far out of line. "He said, 'I can't be as fat as you,' " *(continued on page 52)*

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Ragú Homestyle.
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wellness

(cont. from p. 49)
Roberta recalls, grinning wickedly.

Jerry became determined to get his blood cholesterol down to 150 or less—the point at which, doctors say, heart disease is almost never seen.

A typical then-and-now menu shows just how extensive the Gillispies' dietary changes have been: The eggs and buttered toast they used to have for breakfast have been supplanted by high-fiber cereal, fruit, skim milk and juice; instead of a hamburger and milk at lunch, they now have a tuna fish sandwich with very little mayonnaise, a salad and fruit; and their customary red meat and potatoes dinner is now white-meat poultry or fish with several plain vegetables.

The couple's children—aged three to fourteen—are coming around slowly to the family's new menus. "Out of twenty-one meals a week," Jerry says, "I'd say eighteen or nineteen of ours are very healthy." However, they still lapse occasionally. Jerry admits sheepishly, "Our downfall is pizza."

Jerry and Roberta didn't confine their self-improvement program to the dining room either. She took up brisk walking; he tried aerobics classes but soon came to prefer jogging. Ultimately, they both switched to an exercise bike with a pulse monitor attached.

After three months, Jerry had lost twelve pounds. His body fat, six months after the initial reading of 32 percent, had decreased to 21 percent. At the nine-month screening, his cholesterol had dropped to 138. Roberta has lost about ten pounds, and her cholesterol is 132. And the Gillispies aren't stopping now. "I'm committed to this forever," Jerry says.

Not every resident is so enthusiastic. Although Anne Schwarz, a retired school employee, has dropped from 190 to 183 pounds and lowered her cholesterol from 275 to 209, her husband has refused to take part in the program. "He's a heart patient, and he should be involved," Anne says, "but no way would he even think of it. He'd never exercise. But I do the cooking, so I can try to steer him."

Some participants find themselves being watched intently by nonparticipants who seem to be waiting gleefully for them to crack. Jerry Gillispie ate a candy one day at work, and a colleague asked coyly, "Oh, is butterscotch on the wellness list?" Their eight-year-old son gets teased in school about the lack of Twinkies and chocolate milk in his lunchbox, and Roberta jokes about asking the pizza man to cover the sign on his truck when he makes a delivery to their house.

Success and failure

No diet or exercise regimen works for everyone, and not all the participants in Wellsburg have achieved their goals. The average drop in cholesterol has been about 4.5 percent—small in comparison to Jerry Gillispie's 39 percent and Roberta's 10 percent. Indeed, because a person's readings can vary between 3 and 4.5 percent merely from errors in measurement, the number may not mean much. Other figures that have been released appear telling at first but are tricky to interpret. Initially, for instance, 260 participants had cholesterol readings under 200; at six months, 326 did. That sounds good, but what if they went from, say, 203 to 198? Further breakdowns of the statistics have not been made public, but it appears that nearly five hundred participants are still over the goal of 200. And 188 are well over it, with readings higher than 240.

However, one year after Wellsburg first tried to shape up, some results are easy to see. Butchers sell more poultry and less beef. Supermarkets are stocking fresh fish regularly, and they occasionally have trouble keeping oat bran on hand. Shoppers linger in supermarket aisles, inspecting labels. People flock to stress-management classes, and by last summer so many walkers and joggers had taken to the high-school track that Chuck Henry started walking at night "to avoid the crowd."

But how permanent are these changes? What will happen to Wellsburg when the two years are up and Bayer leaves town? From the outset, the intention has been for residents to continue the program on their own. "We have to have something in place by then," says John Bertram, administrator of the county health department. "They've planted the seed, but we probably won't get measurable results in two years. We want to track people for ten or fifteen years, and compare those on the program with those who aren't." His department has already taken over the medical testing and offers free cholesterol and blood-pressure screening to those not in the program. Volunteers are training to run the exercise classes and deliver the lectures.

It's too soon to predict the long-range effect of the Bayer Wellness Program on the residents of Wellsburg, but it has certainly created a new awareness. "Nationally," says Bertram, "only one person in ten knows his cholesterol level. In this county, three in ten know." What is happening in Wellsburg is a testament to an ideal: that ordinary people, given the tools to improve their health and perhaps even save their lives, will use them. ■

Denise Grady, a New York–based writer, contributes to many national publications.

Ten tips for healthful living

Straight-from-Wellsburg strategies to help you feel your best:

1. **Consume 200 milligrams or less of dietary cholesterol daily; keep your blood cholesterol below 180.**
2. **Limit caffeine intake to 300 milligrams daily or less—the amount in two cups of coffee or four cups of tea.**
3. **You can trim the fat from some home-baked foods—coffee cakes, quick breads and muffins—without altering quality appreciably. Simply use half the butter, oil or shortening called for, or replace all or part of the fat with applesauce.**
4. **Choose a physician who believes in preventive health care and who takes time to explain things fully and involve you in decisions about your health.**
5. **Don't keep your emotions bottled up; make it a point to share your feelings with people close to you.**
6. **Love and care for *yourself* as you want others to love and care for you.**
7. **To sleep better, soak in a hot bath before bedtime.**
8. **To release tension and lower blood pressure, practice three-part breathing several times daily: Inhale slowly and deeply. Hold your breath for a moment, then release.**
9. **Try to quit smoking *again*, even if you've failed before. The more attempts you make, the greater your chance of success.**
10. **Take time out daily to have fun; laughter is good for you.**



This orange juice tastes so good, you might forget it has calcium in it.

Your family is growing up and becoming independent. And that's great. But it's harder to make sure everyone gets the proper nutrition.

Minute Maid can help. With our great tasting calcium fortified orange juice. Ounce for ounce, it has as much calcium as a glass of milk.

And it's something an active family like yours might need. According to the Surgeon General: *"Females, particularly adolescents and young adults in the U.S. should increase food sources of calcium."**

100% pure Minute Maid® Calcium Fortified orange juice—what a delicious way to do it.



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Orange Juice From Concentrate

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*SOURCE: 1988 Report on Nutrition and Health

PARENTS' JOURNAL

A GUIDE TO CHILD REARING IN THE EIGHTIES

By Mary Mohler and Margery D. Rosen

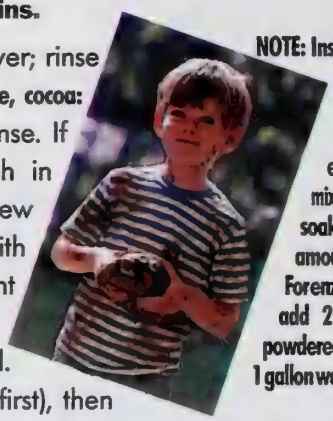
SPOT CHECK

Summer—the time of year mothers long for astroturf and beige food. Don't despair. We checked with the pros to compile this handy guide to help you deal with most of summertime's stains.

TEACHING PARENTS

"You get more information with your new car than you do with your new baby . . . we need to treat parents as teachers and give them tools to do the job."

—Educational psychologist Burton White, Ph.D.



NOTE: Instructions are for bleachable fabrics only. To make enzyme paste, mix powdered presoak and a small amount of water. For enzyme presoak, add 2 tablespoons powdered presoak to 1 gallon water.

Catsup: Apply a commercial prewash stain remover; rinse and repeat. Apply enzyme paste. Rinse. **Chocolate, cocoa:** Soak in cool water, then work in detergent; rinse. If stain remains, apply enzyme paste and wash in warm water. **Fruit, jelly:** Soak in cool water for a few hours or overnight. (If stain has dried, dab with white vinegar, then proceed.) Work detergent into stain and soak garment in enzyme presoak solution. Wash in hottest water fabric will stand. **Grass:** Sponge with rubbing alcohol (test fabric first), then work detergent into stain and rinse. Soak in enzyme presoak solution for an hour or more; rinse, then wash in hottest water safe for fabric. **Grease (butter, oils):** Treat immediately. Apply prewash stain remover and rub in. Wash in hottest water safe for fabric. Use cleaning fluid on any remaining stain. **Gum:** Apply ice (or freeze garment overnight) to harden; remove as much as possible by scraping with butter knife. If stain remains, place face down on paper toweling and work in cleaning fluid. Sponge with cool water. Wash and repeat if necessary. Do not place in dryer if any stain remains. **Mud:** Let dry, brush off. If stain remains, treat with prewash stain remover and wash.

ONE MOTHER'S STORY

On leaving

By Dava Sobel

As a working mom, I wrestle daily with the simple fact that I cannot be in two places at once. So for a long time, my work took a backseat to my mothering.

Until last week, when I was offered an assignment that was the chance of a lifetime. The only catch: I had to fly to London for a week to write the story.

"I'll have to think about it," I said. I'll have to think about whether I can fly, because getting on an airplane and leaving my kids at home doesn't seem any easier than flapping my arms across the Atlantic. I'll have to think about whether I can not cook oatmeal or run the bathwater or stare at my children asleep in their beds. I'll have to balance what anyone would recognize as a plum assignment against the facts of life as I have learned them: that mothering is more difficult, more rewarding and more important than any other job.



I never thought it would come to this. When I was a working woman—as opposed to a working mother—I had no idea that having children would change my ability to perform my job. Even when I was a *pregnant* working woman, taking Lamaze classes on my lunch hour, I remained ignorant and unsuspecting. "I'll be back at the paper a month after the baby's born," I told friends. It was just a matter of getting settled, then getting on with *(continued)*

Photo, Phoebe Dunn/DPI; illustration, Stephanie K. Birdsong.



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understanding kids

BY LAWRENCE BALTER, PH.D.



Dr. Balter is a practicing psychologist and professor of educational psychology at New York University. His most recent book is *Who's in Control?* (Simon & Schuster, 1988).

Q My husband is not a demonstrative man, and I'm afraid it's hurting my kids (they're one, six and eight). He's there, but he never hugs them, never says he loves them. Can I get him to be more loving?

DID YOU REALIZE ...
Teenagers watch an average of two hours of music videos every day.
—American Academy of Pediatrics

A Many fathers are criticized for not being overtly affectionate toward their children. Don't play up your husband's style as an insufficiency or a failing. Physically demonstrative behavior is not the only way to show love and can itself be superficial at times. Being there for somebody else, offering emotional support and encouragement in difficult times and sustaining loyalty are also elements of enduring love.

What's more, your husband's lack of outward affection may not be as damaging to your children as you think. If you feel the kids have any doubts, however, help them judge his actions so they can see they are, indeed, loved. For instance, when he does something special and thoughtful, you can say, "Dad really loves you. Look what he did this afternoon." Talking to your husband in a noncritical way about the importance of being more demonstrative may help. Suggest specific times or particular activities to make it easier for him. Or institute a new policy—everyone lines up for a hug-and-kiss time when Dad comes home.

Q My five-year-old son is adopted, which he's known, so that's not my problem. The difficulty comes when someone says, "Gee, he looks just like you/your husband." Is there a graceful but honest way to deal with this?

A Since your son's reaction is devoid of signs of dismay or irritation, I wouldn't do anything special. This is really a question of diplomacy with another adult. You can just say, "Thank you, I'm pleased you think so," or "We think he's very handsome, too." Later, explain to your son that people, in their attempts to be friendly, can be mistaken and say silly things. You might add, "I guess she didn't know you're adopted." Or joke about it: "I guess we've been together for so long we've started to look alike!"

If you correct those who make the remark, you run the risk of embarrassing them. It might also blow it out of proportion, giving your son the impression that it is a matter of great concern to you.

ONE MOTHER'S STORY

(continued) my career as a reporter. But going back to work, which had seemed so logical before my first child was born, became a heart-wrenching dread. I could not bear the thought of being away from my baby nine hours a day, let alone any out-of-town event.

Suddenly, I found myself battling a whole set of irrational fears that seemed to have grown up overnight. Never mind an airplane—for a while, I could not even travel any distance by *bus*, believing as I did that something horrible would happen if I were separated from my baby.

For years, I used the telephone to interview anyone who lived more than three hours away. Then, gradually, I became almost comfortable leaving my oldest (now seven) and her brother (now four) home with my husband or a sitter as I took short work-related trips. But just when I had made peace with love and work, the London assignment came through.



For days, I wrestled with the whole concept of leaving. I knew that going was the right thing to do professionally. After all, I'd worked hard to get to this point in my career. And I also knew that going was the right thing to do for my kids, too. I don't want them to grow up thinking they tied me down. I reminded myself that they were not infants any more—that I could show them on the globe where I'd be, and give them the chance to understand what the other part of me does.

Sometimes, my husband assured me as he prepared to juggle his work life for that week, sometimes the better part of being there is being able to leave—and have your family learn that they can get along just fine without you.

So I decided to go. But I know that whatever it costs, I can still phone home every night, right?

Illustration, Stephanie K. Birdsong

NO PITS.
NO PEELS.
NO SEEDS.



Now with Real Fruit Juice.

"Taste the Rainbow of Fruit Flavors"®

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how to get your kid to love to read



School's out—the perfect time to instill in children a love of reading. There's no pressure to perform, no grades, no required book reports. What to do?

"Let them see you reading," advises Christine Behrmann, children's materials specialist at the New York Public Library. "A kid who sees plenty of books lying around the house gets the message that reading is fun." Behrmann also suggests you buy a copy of *The Guinness Book of Records* or an almanac—any book that is full of facts and short bites of entertaining information. Encourage them, too, to join a reading program at your local library. And buy them a subscription to a magazine that covers a subject they're particularly interested in. To wit:

■ **For the science whiz: 3-2-1 CONTACT, ages 8–14.** P.O. Box 53051, Boulder, CO 80322. ($15.97 for ten issues. Sample copy, $1.50.) Covers a variety of subjects with a special look at science and technology; includes articles, puzzles, experiments. Also: **ODYSSEY, ages 9 and up.** 1027 N. Seventh St., Milwaukee, WI 53202. ($19.95 for 12 issues. Sample copy, $2.00.) *Odyssey* brings the stars and outer space down to earth with vividly illustrated star charts, puzzles, articles. ■ **For the budding writer: CRICKET, ages 6–12.** Box 300, Peru, IL 61354. ($24.97 for 12 issues. Sample copy, $2.00.) The best source for fine fiction, poetry, illustrations and nonfiction by outstanding authors and artists. ■ **For the entrepreneur: PENNY POWER, ages 8–14.** Box 2878, Boulder, CO 80322. ($11.95 for 6 issues. Sample copy, $2.00.) No-nonsense info to help kids make wise choices about money. ■ **For the outdoor type: RANGER RICK, ages 6–12.** National Wildlife Federation, 8925 Leesburg Pike, Vienna, VA 22184-0001. ($14.00 for 12 issues. Sample copy, free.) Wildlife and the environment in photographs, stories, articles, projects and puzzles. Also: **YOUR BIG BACKYARD, ages 2–5,** Vienna, VA 22184-0001 ($10.00 for 12 issues. Sample copy, $2.00.) ■ **For the history buff: COBBLESTONE, ages 8–14.** 20 Grove Street, Peterborough, NH 03458 ($19.95 for 12 issues. Sample copy, $4.95.) ■ **For underwater fans: DOLPHIN LOG, ages 7–15.** The Cousteau Society, 930 W. 21st Street, Norfolk, VA 23517. ($10.00 for six issues. Sample copy, $2.00.) ■ **For the future sociologist or anthropologist: NATIONAL GEOGRAPHIC WORLD, ages 8–13.** 17th and M Street N.W., Washington, D.C. 20036. ($10.95 for 12 issues. Sample copy $1.40.) Stunning nature photographs plus articles and games. —PENNY COLMAN

DO YOU KNOW AN ABUSED CHILD? There is something you can do: Call the National Child Abuse Hotline (800-4-A Child), twenty-four hours a day, seven days a week. Specially trained counselors will help victims of abuse, those who suspect an abuse is ongoing, as well as those who feel they are in danger of hurting a child.

BIKE SAFETY rules for the road

■ **Four hundred children under 15 die every year, and over 380,000 are seriously injured because of bike-related accidents.**
■ **Most bike accidents happen within one mile of home.**
■ **Boys are injured twice as often as girls.**
■ **More than half of these injuries occur when a child rides out into the street from a sidewalk or driveway.**
■ **More than 75 percent of the deaths in bike-related accidents are due to head injuries.**

Wearing a helmet can make a difference. "Unfortunately," says Surgeon General C. Everett Koop, "few parents recognize how dangerous bike riding can be. After all, they didn't wear helmets as kids, so neither do their children." May 15–21 is Community Safe Kids Week, a good time to start talking to your children about safety. Buying a helmet is a first step. Keep the following in mind: ■ Although there's still no single standard, look for helmets that have been approved by the Snell Memorial Foundation or the American National Standards Institute (ANSI). ■ Let your child pick out his own helmet. He'll be more likely to wear it. Helmets should fit snugly but not too tightly and sit level on the head without moving around. Chin straps and foam sizing inserts will ensure a better fit. ■ Clean helmets with soap and water, not solvents or cleansers, which can damage the hard outer shell. ■ Insist that your child wear a helmet at all times. For a free booklet of child-safety tips, you can write to Safe Kids, Box LHJ, 111 Michigan Avenue N.W., Washington, D.C. 20010.



Photo of child, J. Taposchaner/FPG.





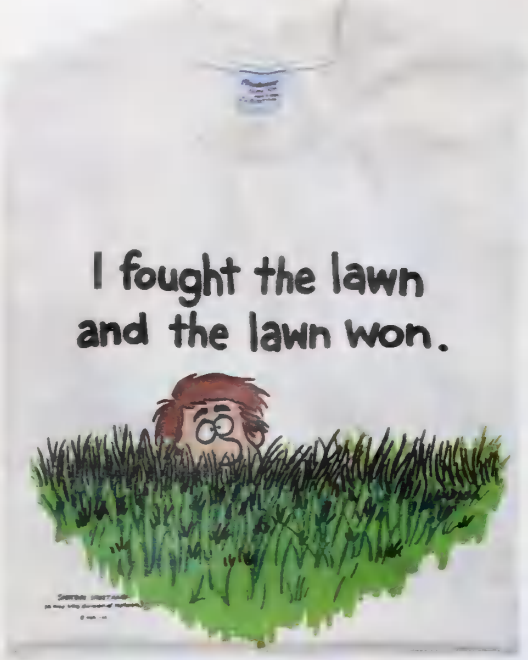
Kids are never shy about letting you know exactly what they like. If they knew the difference between Kraft® Singles and imitation slices, we know which one would draw a smile and which a frown.

After all, imitation slices are made mostly from oil and water and hardly any milk. But each ¾ oz. slice of Kraft® Singles is made from five ounces of milk. That's what makes them taste better. So give your child Kraft® Singles. We bet you'll get one great big smile.



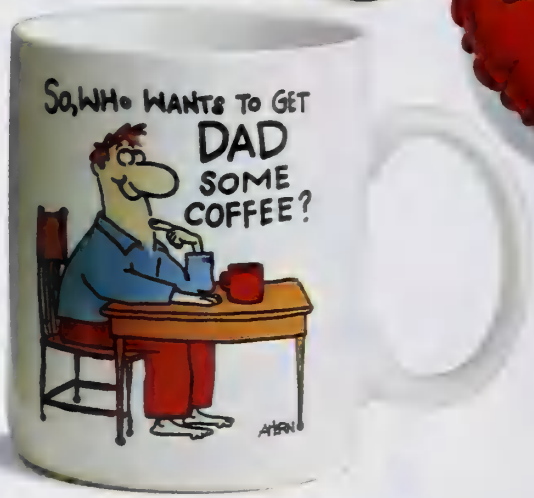
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milk makes the difference.

















Best of all, nothing on this page can be tied into a windsor knot

If you can't decide between the striped tie and the paisley tie, check out Hallmark instead. We've got lots of fun, yet practical Father's Day gifts to choose from. There are mirthful mugs, T-shirts, hats, key chains, and much more. All designed to bring a smile to Dad's face. After all, why should you give just another tie to a man who's not just another father?

Hallmark

Father's Day is June 18th. Don't forget Dad.



It's another jam-packed day and you hit the ground running...from dance class to errands to appointments to shopping, and you keep track of baby to boot. That's why you wear the Workout by L.A. Gear — the shoe that's flexible enough to keep up with you. Combining classic L.A. Gear style with incredible comfort, the Workout lets you take your busy day in stride. Classic styling in canvas and leather.

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true-life drama





Photos from top: David York/Medichrome; Thomas Digory/Stockphotos.

There are two million nurses in the United States. The vast majority of them are underpaid, overworked and highly stressed. Why do they do it? Here, four dedicated women share their moving stories of the joys and sorrows of nursing

THE NURSES

By Janet Kraegel, R.N., and Mary Kachoyeanos, R.N.

Catherine, a pediatric nurse

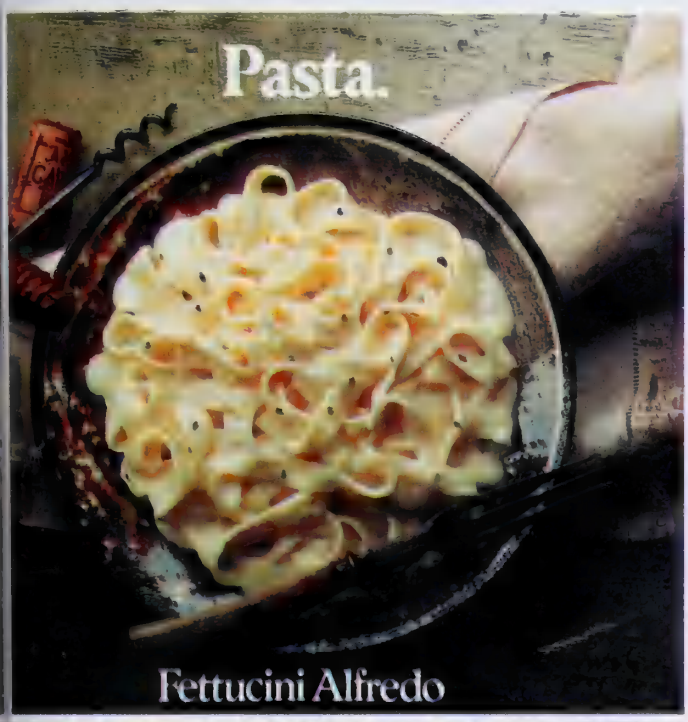
I suppose the biggest influence on my career was a head nurse I knew during my student days in the hospital school. From her, I learned that nurses had a place in helping patients and families adapt to their illnesses; we could be as strong as penicillin, so to speak.

Lots of children I've cared for have been very special to me, but there are always the few you will never forget. It's been quite a while, but I can still remember the little four-year-old girl with second- and third-degree burns. The nurse in charge knew I had a doctorate in educational psychology, and she asked me to see Lisa because the staff could no longer cope with her self-destructive behavior.

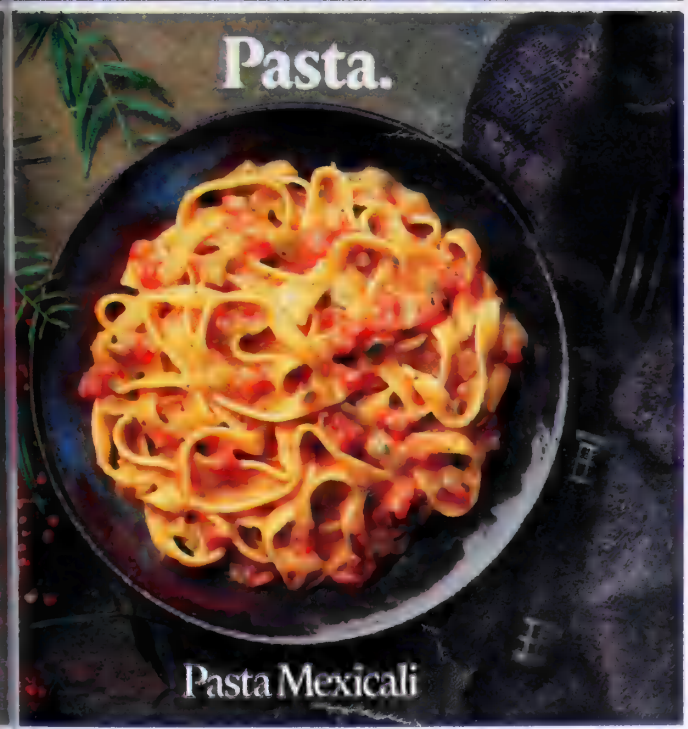
Lisa had been admitted some six weeks earlier, after a pot of boiling water had toppled over the side of a kitchen stove, spilling the steaming liquid over her neck and upper body. I'll never forget the way she looked the first time I saw her. She was on her back, the fingers of her right hand busy picking the skin from her left wrist. At the time, silver-nitrate dressings were used, which discolored the surrounding intact tissue, giving it a grayish appearance. The skin *(continued)*

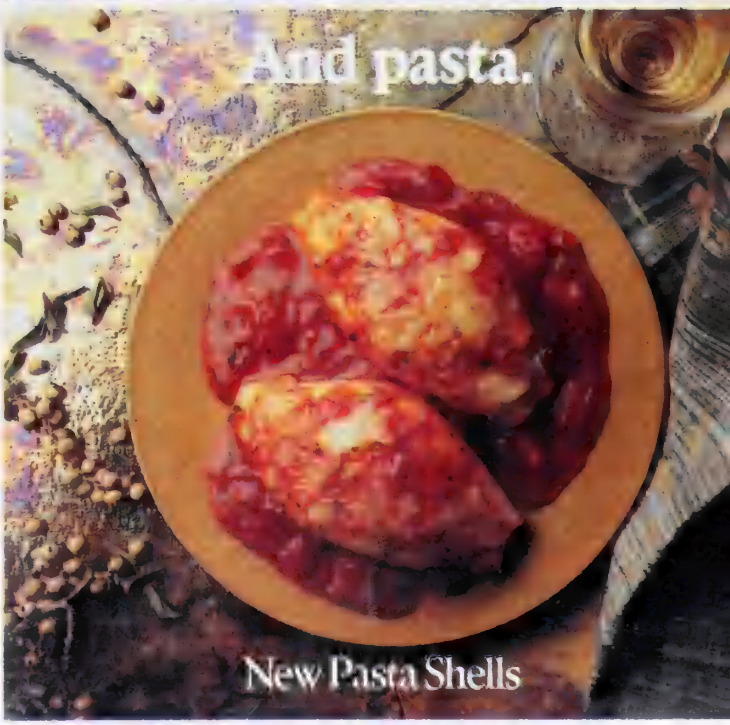
Copyright © 1989 by Janet Kraegel, R.N., and Mary Kachoyeanos, R.N., from JUST A NURSE to be published by E.P. Dutton.

Endless pastabilities from Stouffer's.®









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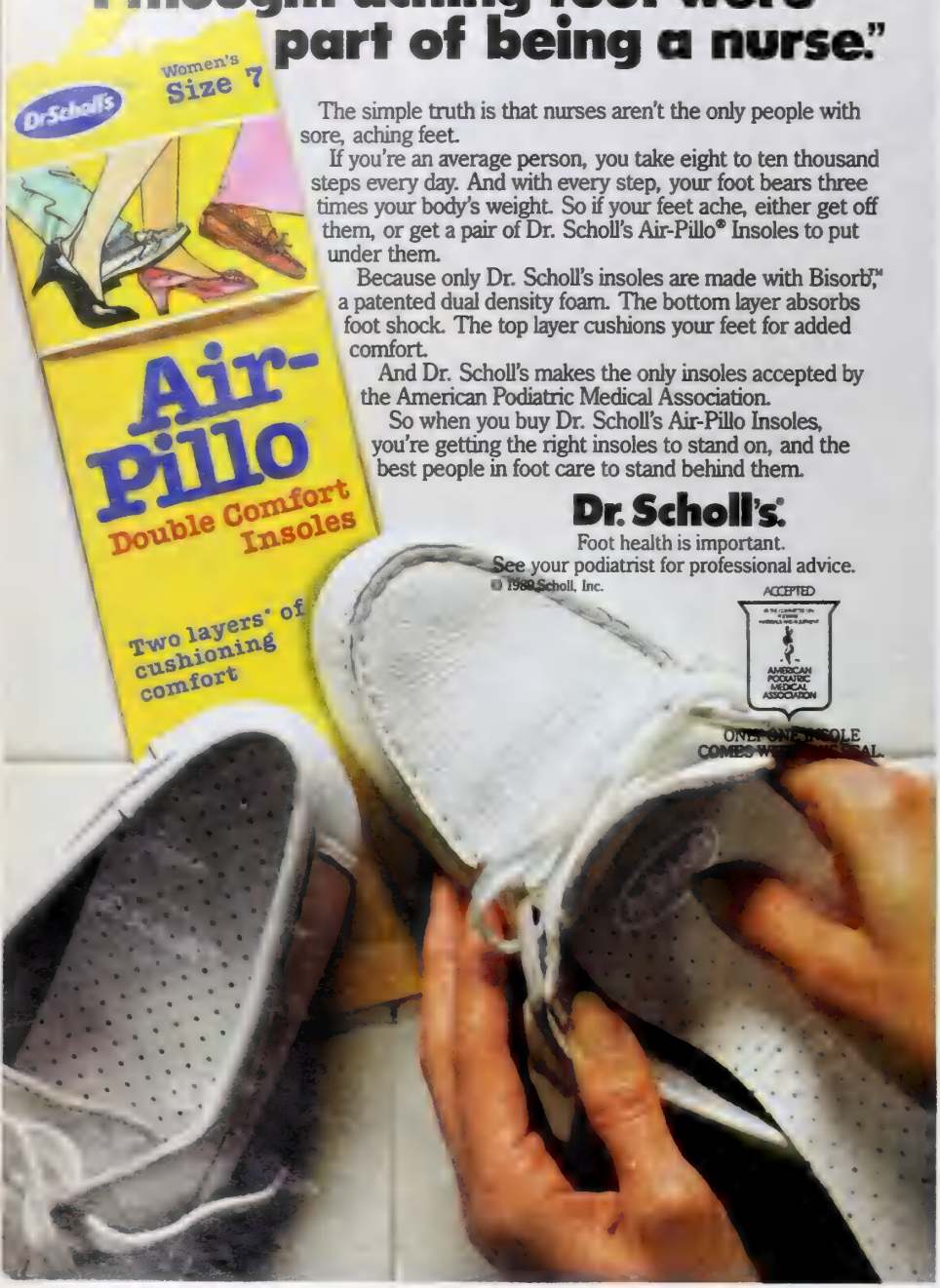
With 17 different dishes, Stouffer's pasta selections are nearly endless. And they're endlessly delicious, too. Intriguingly seasoned. And perfectly accompanied by our own, specially blended sauces.



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Because only Dr. Scholl's insoles are made with Bisorb,™ a patented dual density foam. The bottom layer absorbs foot shock. The top layer cushions your feet for added comfort.

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See your podiatrist for professional advice.

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ONE PAIR OF INSOLE COMES WITH [illegible]

THE NURSES
continued

became dried and cracked. This change in her body frightened Lisa. She frantically picked at her skin, trying to uncover the original color. Though her hands were restrained, she quickly learned to maneuver her way out of the gauze bindings. The result was raw, red sores. Worse, during fits of temper, she would pull her hair out. This resulted in stark, bald areas from the midline of her hair to her ears.

Unlike the other children on the floor, who had many visitors in and out during the day, Lisa had visitors only on occasional weekends. Lisa's family lived two hundred miles from the hospital. Her mother had been with her during the first week of hospitalization, but she was in her ninth month of pregnancy and was forced to return home to give birth and to care for her seven other children.

When I met Lisa, I knew that this child needed intense mothering and that if she was to trust me, I'd need to be fairly visible. I would go and take care of her several hours every day—even on weekends, for several weeks. There are no regular hours to a job like this; you come and go according to the patient's needs.

At first, I concentrated on takin care of her body. I'd do the things mother would do, like bathing her an rubbing her with lotion. Initially, Li sa's appetite was so poor that I catere to her food wants with hot dogs, frenc fries and ice cream. I also tried to rein force the idea that I thought she wa pretty by fixing her up and puttin ribbons in her hair. Every afternoon, put her to sleep. I'd sit at the bedsid and stroke her forehead and sing t her. In the beginning, she was fretfu and slept for short periods. Eventually her sleep became long and restful.

Because Lisa needed to know tha someone in the strange environmen would protect her, I took on the role c the good nurse. That is, I wouldn't ac minister the painful treatments. Ever day, she was placed in a tub and he burns were gently scrubbed wit gauze. I made sure she received pai medication well in advance of the ther apy. Still, the pain was excruciating. would comfort her and hold her afte the treatments.

Once she knew she had an ally, sh stopped pulling her hair out and pick ing her skin.

Her mother loved Lisa very muc but the child didn't know this. All th pain and loneliness got distorted. Sh felt rejected. I recall the day I wa reading her the book *Black Beauty*. W were at the part where the stable bo blames himself because he neglecte to rub the horse down and Black Beau ty gets pneumonia. Suddenly, Lis started to cry, saying, "It wasn't m fault I got burned."

"Of course it wasn't your fault," told her. "You're a good girl, and you mother and father love you very muc They are waiting for you to get home

"You don't know nothing," she rage back. "There's no room at home, n room for me to sleep!"

I realized then that she thought th new baby would take her place in th already crowded house. There woul be no room for her.

We wrote letters to her parents an siblings. I called her mother and en couraged her to have the family vis and, if possible, bring pictures. Re member, the family lived two hundre miles away and were poor.

Somehow, they managed to come. asked Lisa how her visit went. Sh showed me some pictures of her broth ers and sisters, and she looked at m with her big eyes. "Know what?" Sh looked like she was bursting to tell secret.

"What?" I asked.

"Ma says to hurry and get bette because they're waiting for me a home!"

nily, a nurse who cares for patients ith AIDS

es, it's true: Not everyone wants to urse patients with AIDS. In a way, eir concern is legitimate. But caring r people with AIDS is really no dif- rent from caring for patients with ny other communicable disease. You ave to be careful.

Unfortunately, over the years hospi- l personnel have become lax when uring for those with contagious dis- ases. They know that if they get a aph infection from a draining wound, ey can always take an antibiotic. ne difference with AIDS is, there is cure.

The fact that many of the patients e homosexuals makes it difficult for me people to work with them. I per- nally find the person who acquired IDS through drug abuse more diffi- lt. On the whole, drug abusers are ss compliant with the treatment reg- en. They'll lie and do a lot of other ings that sabotage their treatment. s frustrating, and I resent them. ill, these people suffer terribly, and e should provide help.

One of my most memorable patients as a drug addict. Her name was Sal- . She had Kaposi's sarcoma, and the eeping lesions caused pain to the int where just placing sheets over r caused spasms. Sally also had eumocystis carinii pneumonia. Her ngs were filling up with fluid. Many the respiratory therapists refused to ovide her treatments.

The last night I cared for Sally, she as gasping for air. She was scared. nowing she was dying, she pleaded th me not to leave her alone. I uldn't stop her death, but I made her comfortable as possible. She asked e to pray with her. "I've never ridden e white horse before," she said, quot- g a saying from the Book of Revela- n. "I need to pray, I need to make y peace. Can you help me pray?" She d that next morning. Just talking out it makes me feel sort of weepy d sad, but I'm glad I was there.

Another one of my most memorable tients was a young man named ris, a homosexual. Chris had a huge lection of friends and was very pop- ar, a fun person. He talked to me a about his feelings. I was working hts, and I find that people tend to k more personally at night.

'I don't know if I can get Dan [the n he lived with] to realize that I ed to go now," Chris told me. "Do u think you can talk to him, make n realize I can't go on any longer?" My tears started flowing. I told him see what I could do.

didn't know how I was going to approach the subject with Dan, but it just happened. Chris was dozing rather fitfully one afternoon, and Dan and I were sitting in the corner of the room. Dan asked me, "Emily, do you think it's getting to be the time?"

I said, "Yes, and I think you need to let Chris know you are willing to let him go." Both of us started to cry.

Chris opened his eyes and said, "Will you two stop your bawling?" His words broke the tension, and we wound up laughing and crying at the same time. Chris died at home a week later, with Dan at his side.

People often ask me why I'm involved with AIDS patients when I have a husband and child at home. I have no pat answer. I guess I just believe in the best possible care, irrespective of lifestyle or economic status. I'm certainly no saint, but I just can't justify denying anyone care. I couldn't live with myself.

Shelley, an ICU nurse who subs in pediatrics

I work in the intensive care unit, but when things lighten up in the ICU, we help out on the general pediatrics floor. That's how it was that Sunday morning. I was working North, across from baby Krista's room.

Krista, a nine-month-old with a degenerative neurological disease, has been in the hospital since shortly after her birth. No one seems to know what caused her problem. A few weeks ago, we were able to take her out of her room in a special chair with the respirator connected.

Anyway, I wasn't assigned to her, but I was working on the north corridor. Lately, Krista has had a lot of problems with periods of apnea—arrested breathing. Her respirator is hooked up to a red flashing light in the corridor, and when she stops breathing, the flashing light immediately signals the nurses' station.

I saw the red light, and I went running into her room. She was turning blue. I called a "code" to summon the cardiopulmonary resuscitation team. Meanwhile, I started CPR. The team came immediately, and we were able to bring her back.

After the commotion died down, I could tell that the floor staff nurses were upset. Finally, one of them came up to me and said, "Well, you really did it now. Why didn't you let her go? Don't you know when to walk slowly to the phone?"

I felt bad, as though I had killed her—or worse. Legally, you must call a code on a child who has *(continued)*



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I THE NURSES
continued

ain activity. Krista wasn't brain-ead at the time, but now it looks like ie's brain-damaged. She just stares to space.

Apparently, the nurses and house aff had a silent agreement not to use xtraordinary measures on the child. veryone in the whole hospital, from ie heating engineers to the people in ie business office, knows this child. ney've made her a pet. Sara, from edical records, brought her a beauti-il ruffled dress last month. The main-nance guy makes his daily rounds to e how "his little girl" is coming ong. I guess the floor nurses couldn't and to see her deteriorate. I can see ow they feel, but nobody told me of ie unspoken plan, so I called the code.

Even if I had known of the staff's esires, I don't know if I could have one along with the idea. After all, ho are we to take the law and God's ill into our own hands?

Frankly, it isn't easy. I have been stracized by everyone, and I've been eated badly, as if I caused Krista's rain damage through neglect. I hate think of having to go out on that or again.

These are the things that wear me own—all this trying to second-guess her people. I came into nursing to elp people, not to put up with all this, id from my own kind, too.

yne, a pediatric cancer nurse

ure, caring for dying kids can be *very* epressing, but I stay in this business ecause of the kids: They keep me go-g. The other day, I sat down with a ttle five-year-old boy who showed me picture he'd drawn. He said it was a cture of a hospital. At the bottom e'd drawn a door. He said, "When you nter here, you don't return." He was lling me exactly how he was feeling. e'd been through three operations id was at the end-stage of his dis-se. The last try was to be a bone-arrow transplant. He was able to nare his fears with me, and I was able help reassure him and make him el a little better.

Ever since I was in nursing school, I new I had something special to offer ese kids. Still, I try to protect myself notionally, because sometimes it es hurt too much. I was twenty-one hen I cared for my first child dying of ncer. I remember him turning his ce on the pillow, looking at me with ose large eyes and saying, "Bye." ive minutes later, this five-year-old as dead. That's hard—it breaks your eart. I went to his funeral. I don't go to many funerals now. . . . I say good-bye at another point, like when the child goes home. I don't like funerals.

The hardest thing about this job is telling the other children that one of their peers has died. These kids get very attached to each other. I had to tell sixteen-year-old Peggy that another teenager, who was in therapy with her, had died. Peggy was stunned. She was grieving over the death of her friend, but she was also concerned for herself. We talked about why Tara had died and how her progression was different from Peggy's disease. We talked about the fact that Tara had been in great pain and how she now was at peace.

Sometimes the kids ask, "Am I going to die?" I always start out by asking them why they are asking that. Are they concerned that they are going to die now? I tell them I know that when they are not feeling well, they are scared they may die. I try to help them see that they're not as sick as the child that died.

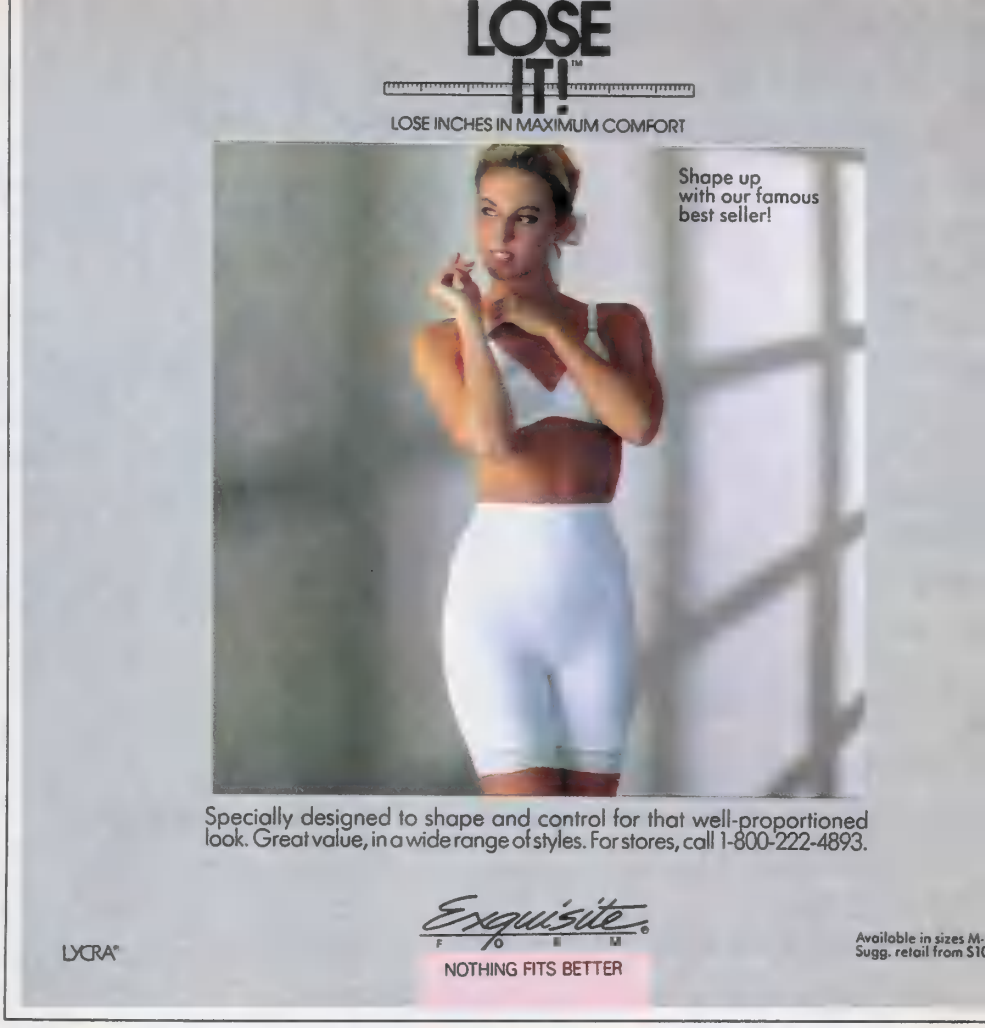
We're just starting bone-marrow transplantation. It can cure the child, but it entails a lot of suffering, similar to that of aggressive chemotherapy. The kids are uncomfortable for a long time. Most have trouble with mouth sores and severe, persistent diarrhea. Our biggest concern is massive infections. But if the graft takes and you can get them through all the other things, the disease is usually licked.

As a transplant coordinator, I collect all the information needed to determine if a child is a good candidate for a transplant. The information is then evaluated at a team conference.

Parents, wanting to do everything possible to save their child's life, will sometimes insist on a transplant when it's clear that the child will not benefit. Then you have to tell them, "No, we're sorry, your child isn't a candidate for a transplant."

That sounds cruel, but it protects the kids. Why put a child through all that misery when you're almost certain he hasn't a chance of recovery? That would be really cruel. At first, not going to the *n*th degree was hard for me, but when I think of a child's dying a gruesome death, I see how much better off he is dying peacefully with his family. In this business, you finally come to terms with death. We can't cure everyone, but we can make it easier for them in their dying. What makes it all worthwhile is a smile from a child who is cured. ■

Janet Kraegel and Mary Kachoyeanos are nurses in Wisconsin. "Just a Nurse" is their first book.



WHAT'S HOT

A sizzling summer sampler

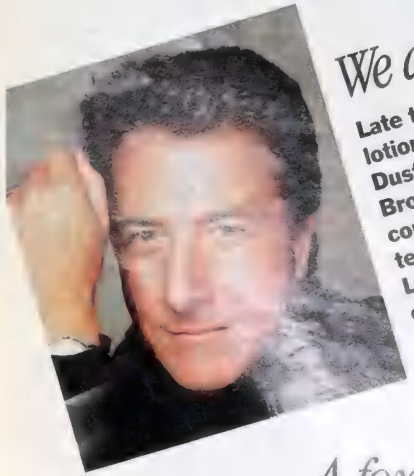


BAM! POW! ZAP! It's Batman!

Holy ruffled feathers, Boy Wonder! They've actually made a movie based on the comic strip *Batman,* and (horrors!) Robin isn't even in it! In this $30 million screen version of the Caped Crusader's capers, Michael Keaton makes the transition from *Beetlejuice* to Batman, Jack Nicholson co-stars as the nefarious Joker (talk about typecasting) and Kim Basinger plays the leading man's love interest. Who says all the good roles automatically go to Meryl Streep?

Baby, it's hot outside—not to mention groovy, hip and happening. Get ready for summer '89, the season where everything old seems new again in movies, music, fashion and fads. So kick off your clogs, nostalgia fans, and slip a Motown medley into the CD player—here's how you can get with it, whether you want to or not!

MOVIES



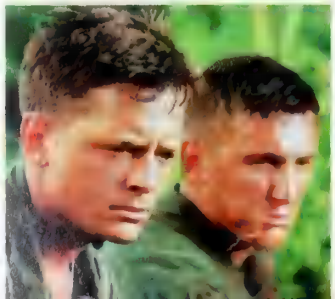
We are family

Late this summer—long after the suntan lotion and teenybopper flicks have run out—Dustin Hoffman, Sean Connery and Matthew Broderick star in *Family Business,* a comedy/drama about a family from the tenements of New York. Directed by Sidney Lumet (*Network, Running on Empty*), it's one summer film that's guaranteed to entertain without numbing the brain cells.

By Eric Sherman

A fox in a penn

Talk about your odd couples. In the Vietnam drama "Casualties of War," polite Michael J. Fox and pugnacious Sean Penn make up the strangest duo since Felix Unger and Oscar Madison. Will audiences buy the pairing of sweetness and grit? Or will Fox and Penn find out why they say war is hell?





Nonstop laff riots

This season, three of the funniest men on the planet will have us chortling, laughing and, yes, even guffawing. In "Turner & Hooch," Tom Hanks stars as a detective teamed with a surly dog (take that, Lassie). Steve Martin plays a harried father of four in "Parenthood," directed by Ron Howard. And Robin Williams stars as a charismatic English teacher who gets drummed out of a strict boys' prep school in "Dead Poets' Society." Good m-o-o-o-o-rning, English I.

Photos from top: J. Barry O'Rourke, TMs & 1989 DC Comics, Francois Duhamel/Touchstone Pictures, T. O'Neill/Sygma, Roland Neveu/Columbia Pictures.

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The grass felt so good between her toes.
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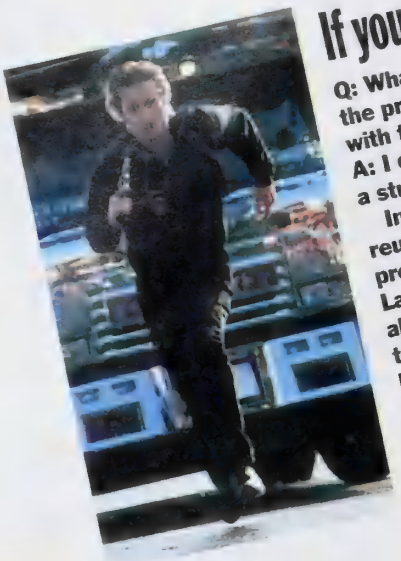
"Teatime for Emma" is available exclusively from the Georgetown Collection.
Tea basket, doll stand and porcelain accessories are included at no extra charge.

R24

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WHAT'S HOT

A sizzling summer sampler

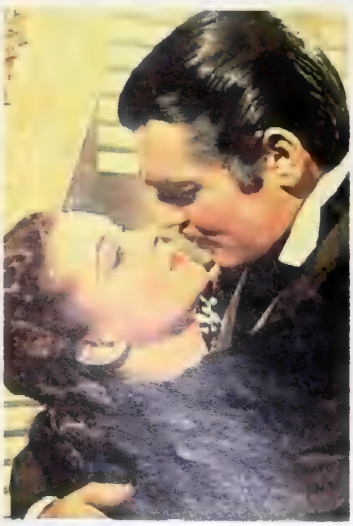


If you knew sushi

Q: What do you get when you team the producers of *Fatal Attraction* with the director of *Alien*?
A: I dunno, but you certainly need a strong stomach to watch it.

In *Black Rain*, Michael Douglas reunites with his *Fatal* friends, producers Stanley R. Jaffe and Sherry Lansing, in this action thriller about a New York City detective who travels to Japan to bring back a killer. Ridley (*Alien*) Scott serves as producer. Considering what *Fatal Attraction* did for infidelity and what *Alien* did for stomach cramps, you may never eat sushi again.

MOVIES



frankly, Scarlett

Forget about this summer's slew of sequels and simple-minded comedies. The biggest hit of all may be a fifty-year-old epic to which nobody's yet concocted a follow-up. To commemorate the fiftieth anniversary of *Gone with the Wind*, Ted Turner, who owns the rights to the classic, is launching the nationwide release of a newly restored print of the movie. In June, he's throwing a party in the movie's hometown, Atlanta, that would make Scarlett, well, *green* with envy. During the next few months, two books and a home video are due out on the making of the film, and you'll be able to buy enough *GWTW* memorabilia to refill the Confederate treasury. The biggest bash—a weeklong celebration culminating in a re-creation of the original premiere in 1939—will be held this December.

Take the Journal's *GWTW* anniversary trivia test (answers below):

1. What actress twice turned down the role of Scarlett, ultimately played by Vivien Leigh?
2. Whom did *GWTW* author Margaret Mitchell name when asked her choice for Rhett Butler?
3. Who shrieked the immortal line, "Miz Scarlett, I don't know nothin' 'bout birthin' no babies"? (Name the actress and her character.)
4. Who said the following line, and to whom: "Never, at any crisis of your life, have I known you to have a handkerchief"?

1. Bette Davis 2. Groucho Marx 3. Butterfly McQueen, who played Prissy 4. Rhett Butler to Scarlett O'Hara as he's leaving her



Photos from top: Bruce Birmelin/Paramount Pictures, David James/Paramount Pictures, Turner Entertainment Co.

Coming soon:

Friday the 13th part XXXVIII

Not since the days of Julius Caesar has the world seen this many Roman numerals. Watch out for: ■ *"Star Trek V," in which Spock's shocked when his half-brother hijacks the Enterprise.* ■ *"Ghostbusters II," where Bill Murray, Dan Akyroyd and Harold Ramis again save Sigourney Weaver from things that go bump in the night.* ■ *"Indiana Jones and the Last Crusade," with Sean Connery swashbuckling along as Harrison Ford's father.* ■ *"Lethal Weapon 2," which will have women all over America lining up in hopes of getting another glimpse of Mel Gibson in the buff.* ■ *"Karate Kid III," in which Pat Morita and Ralph Macchio belt up and kick back once more.* ■ *"The Return of the Three Musketeers" with the orginal cast back fighting bad guys . . . and saddle sores.* ■ *And "License to Kill," starring Timothy Dalton, in which James Bond drives expensive sports cars, combats a billionaire drug lord and romances women who stash guns in their garters.*

The coveted Shirley statuette—for most reincarnations since MacLaine—goes to "Friday the 13th, Part VIII." Yes, Jason's back—and boy, is he ticked. You'll be, too, if you get dragged to this movie.

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A kinder, gentler nation embraces a plumper, more wrinkled fruit.

AMERICA'S NEW ROLE MODEL MAKES NO APOLOGIES.

Down with liquid fasting.

Out with the 24-hour gym.

And will the last woman doing eight aerobics classes a week please turn out the lights when she leaves.

Welcome to the 90's, where California raisins will be the shape on everyone's lips. Where your wrinkles will herald your wisdom, and nobody's going to mind if you miss a workout or two.

Now no one's suggesting you give up exercise altogether. Or hair coloring. Or moisturizer. What we are saying is have some fun. Eat some raisins. Enjoy.

DON'T GIVE UP A THING.

Depriving yourself of the foods you love will leave you perpetually unsatisfied. It'll make you cranky, too.

Be happy. Whip up these low calorie raisin treats.

CHEESY ZUCCHINI BOATS

185 Calories
PER SERVING

6 medium zucchini, scrubbed, ends trimmed, and halved lengthwise
2 medium tomatoes, peeled, seeded, and chopped
10 medium mushrooms, chopped
2 Tbls. olive oil
⅓ cup raisins
¼ cup minced parsley
2 Tbls. toasted pinenuts
1 Tbls. minced fresh oregano or 1 tsp. dried oregano
½ tsp. salt
¼ tsp. pepper
⅛ tsp. cinnamon
1½ cups shredded, low fat, mozzarella cheese



Not just for eating! Using a 1.5 oz. box of raisins, do 20 arm curls. (If you feel the burn, you're taking it too seriously.)*

Use a teaspoon to hollow out each zucchini half, leaving ¼ inch walls. Reserve centers and chop them coarsely.

In olive oil, cook reserved centers, tomatoes, and mushrooms over medium high heat about 8 minutes or until most of the liquid is evaporated. Add the raisins, parsley, pinenuts, oregano, salt, pepper, and cinnamon. Cook 5 minutes more.

Steam the zucchini boats about 3 minutes until crisp-tender. Place in an 8"x 12" baking dish. Divide the filling among the twelve boats. Top with mozzarella.

Bake at 350° for 20 minutes.

Makes six main course servings of two boats each.

*Before beginning this or any exercise program, consult your physician.

Oat'n Orange Muffins

123 Calories
PER SERVING

1 cup oat bran
1 cup buttermilk
½ cup raisins
¼ cup orange juice
1 tsp. grated orange zest
1 egg, slightly beaten
½ cup honey
¼ cup vegetable oil
1 cup flour
1 ½ tsp. baking powder
½ tsp. baking soda
½ tsp. salt

Line 18 muffin tins with paper muffin cups or grease lightly.

Combine oat bran, buttermilk, raisins, orange juice and zest. Let sit for 30 minutes.

Mix egg, honey, and oil. Add to oat bran mixture and stir well. Sift together flour, baking powder, soda, and salt. Add to oat bran—egg mixture and stir just until mixed.

Fill muffin cups two-thirds full. Bake at 375° for 20-22 minutes. Remove muffins from tin and cool on rack.

Asian Salad

58 Calories
PER SERVING

4 cups shredded carrots
1 cup shredded red radishes
¼ cup raisins
¼ cup minced cilantro
3 Tbls. lime juice
2 Tbls. soy sauce
1 Tbls. sesame oil
1 Tbls. minced jalapeño pepper
1 Tbls. minced fresh ginger root

Combine carrots, radishes, and raisins in a 1½ quart mixing bowl. Combine cilantro, lime juice, soy sauce, sesame oil, jalapeño, and ginger root in a small bowl.

Pour over carrot mixture and mix well. Chill at least ½ hour.

Makes eight ½ cup servings.



How Wrinkled Is Too Wrinkled?

Standing in front of a mirror, hold a raisin up to your face. Which is more wrinkled (or "sun kissed," as we like to say), the raisin or you? Admit it, you've got a long way to go.

Savory Chicken Pinwheels

271 Calories
PER SERVING

6 medium chicken breast halves, skinned and boned
2 Tbls. olive oil
1 cup sliced leeks
½ cup chopped celery
1 cup red pepper, roasted, peeled, seeded, and chopped
¼ cup raisins
½ teaspoon paprika
¼ teaspoon salt
¼ teaspoon saffron
⅛ teaspoon cayenne pepper

Pound chicken breasts to an even thickness of about ⅓ inch.

Cook leeks and celery in oil over low heat about 10 minutes or until translucent.

Add red pepper, raisins, paprika, salt, saffron, and cayenne. Cook 5 minutes longer. Cool slightly.

Spread each chicken breast with 1 tablespoon of filling. Roll the meat up and secure with toothpicks if necessary. Place seam side down in an 8"x 8" baking dish. Season lightly with salt and pepper. Top with remaining pepper mixture.

Bake at 350° for 30-35 minutes. Remove from oven, cover loosely with foil and let rest 10 minutes. To serve, cut each roll crosswise in 4 slices. Makes six servings.

Apple-Raisin Oat Crisp

195 Calories
PER SERVING

4 large tart, green apples
2 Tbls. lemon juice
½ cup raisins
½ cup brown sugar
¼ cup flour
¼ cup oat bran
¼ cup quick cooking oats
¼ cup butter
½ tsp. grated lemon zest
¼ tsp. nutmeg

Preheat oven to 375°. Peel, halve, and core apples. Cut into ½" chunks. Combine apples, raisins, and lemon juice in an 8"x 8" glass baking dish.

Combine remaining ingredients and mix with your fingers until mixture is crumbly. Distribute evenly over apple-raisin mixture.

Bake at 375° for 30 minutes or until apples are tender. Serves nine.

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WHAT'S HOT

A sizzling summer sampler

By Mike Hammer



Ross, of course

Long before that other Diana started making news in England, America had a headlining Di of its own. Whether she was leading the Supremes to twelve number-one hits, or marrying millionaire Arne Naess, Jr., Diana put on a great show in her personal and professional life. So what does she do for an encore? Having recently become part owner of Motown Records, she's releasing her first album in a decade on her old label. "Working Overtime" offers a grittier, more hard-edged sound than her recent records. That should make her fans Supreme-ly happy.



Back to his roots

Twenty-five years after the Beatles revolutionized pop music, Paul McCartney seemed hopelessly lost on a long-and-winding road to pop mediocrity. But all that changed with *Back In the USSR*, a collection of rock standards sold exclusively in Russia (but widely bootlegged in the West) that scored a hit with the hip. Then Paul co-wrote a couple of praiseworthy songs on Elvis Costello's recent album, and now he's promising a new record of his own. There's also talk of a world tour and of a separate Ringo Starr tour as well. Beatlemania—catch it (again).



Sure, she can act, but can she sing?

Poor Cher. Now that she's considered a Serious Actress with an Academy Award under her belt (or whatever it is that Cher wears), music critics give her less respect than Rodney Dangerfield. This despite the fact she has eleven gold records and three platinum albums, including last year's comeback collection—succinctly titled *Cher*. But don't ever expect Cher to slink away quietly when the critics carp. She's following up last year's effort with *Heart of Stone*, which will offer a similar mix of ballads and catchy pop tunes, including the recent hit duet, "After All," with Peter Cetera. The critics may already be sharpening their knives, but Cher doesn't care; after all, do *they* have an Oscar?

MUSIC

Back to the future

Three of the biggest names of the seventies will soon return with new albums or concert tours. Mick Jagger and the Rolling Stones will finally reunite for a new album and a North American tour—their first since 1981. Speaking of singers with sensuous lips, Carly Simon has completed a new album of original songs following the success of the soundtrack from "Working Girl" and her hit "Let the River Run." And the Who are expected to get back together for some concerts over the next few months. The question is, two decades after they found fame, which g-g-g-generation are they talking about now?



Photos, clockwise from top: G. Schachmes/Sygma, Adam Scull/Globe Photos, Y. Lenquette/Stills-Retna, Globe Photos.


Over a cup
of Cafe Vienna,
General Foods International Coffees
Cafe Vienna
AUSTRIAN STYLE INSTANT COFFEE BEVERAGE
I showed my husband
how the two men in my life
have a special place in
my heart.
Of all the pictures I've taken of Larry
and our son, this one is my favorite. And
what better way for the two of us to enjoy it
than over steaming cups of Cafe Vienna. So
smooth and light with just a touch of cinna-
mon, it sets the perfect mood to be thankful
for everything we have.
Café Francais
Cappuccino
Café Irish Creme
Dutch Chocolate
Double Dutch
CAFE AMARETTO
Suisse Mocha
Café Vienna
elebrate the moments of your life
ith General Foods International Coffees.

WHAT'S HOT

A sizzling summer sampler



Clip-on kitsch

■ This summer, the new craze for kids will be a $7 gadget called Soundwear—tiny music speakers that can be clipped onto your clothes. Who says you have to be Whitney Houston to carry a tune? There is an underlying absurdity here: First they invented the Walkman so you could listen to music without disturbing anyone. Now they've come up with a way to turn your private sound system into . . . ta-da . . . A RADIO! ■ First came Day-Glo sneakers. Then came fancy-schmancy running shoes costing $50 and up. Now the truly chic are going back to basics—the $20 white canvas sneaker we grew up with. ■ Old-fashioned cotton sarongs are back. They're cool, they're comfortable, they're colorful. And what's sarong with that?





The toys of summer

The smart new board game for grown-ups is likely to be a big hit with used-car salesmen, three-card monte players and everyone who has ever cheated on his income taxes (just kidding, IRS). Telling Lies—the first game to *reward* fibbing—gives points for guessing whether your fellow players are telling the truth about one of 336 ethical dilemmas. (The teller machine gives you $2,000 instead of $200—do you keep it?) Who's most likely to win? The lies have it.

A moment of silence, please, for baseball cards. If a company called LJN Toys has anything to do with it, this integral part of every boy's youth (and many girls') is



going the way of the manual typewriter—another victim of high technology. LJN Toys has come out with Sportstalk—talking baseball cards—just in time for baseball season. For $27.99, your kids can now get a pack of special laminated disks containing recorded interviews with players that slips into a compact battery-operated player. What's next—electronic bubblegum?

TRENDS

The re-dawning of the Age of Aquarius

By Shana Aborn and Dean Lamanna

Attention, nostalgia buffs! For years, trendmongers have been predicting a resurgence of the decade of free love and long hair. Now comes the last call for flower children—the twentieth anniversary of 1969, and in August, of Woodstock. In typical eighties style, everyone and his astrologer seems to be out to capitalize on the craze—there'll be Woodstock books (including "Woodstock: The Oral History," by Joel Makower, and "Woodstock: The Summer of Our Lives," by Jack Curry), "Woodstock Moments" on MTV and VH-1, and a new cut of the original Woodstock movie. There's even talk of all-star concerts on both sides of the Atlantic. Already, such Woodstock contributors as Jefferson Airplane and Crosby, Stills, Nash and Young are in the process of reuniting to tour the United States again. By the time we get to Woodstock this August, we may be exhausted.

If you're already sick of the sixties, be warned: Stay out of your local department store. Merchandisers are stocking up on peace signs, batik, wedgies and—heaven help us!—bell-bottoms. The smiley face already made its comeback earlier in the year, popping up on buttons, socks and belts. They may be hopelessly happy, but now it's hipper to be chipper.



Photos of tennis shoe and buttons, J. Barry O'Rourke; Woodstock, © Elliott Landy.

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Vinnie Zuffante/Star File

LIZ TAYLOR'S aching back and yours!

Like millions of other Americans, this gorgeous superstar suffers from chronic back pain. What can the rest of us learn from her recurring medical ordeal?

By Gail McBride

She's blessed with beauty and talent, but Elizabeth Taylor is also cursed with a bothersome condition that plagues millions of ordinary mortals—an aching and undependable back.

Just last year, everything looked rosy for Liz. Svelte and glamorous after an effective diet, she'd written a best-selling book (*Elizabeth Takes Off*, Putnam), introduced a new perfume (Passion) and successfully chaired the American Foundation for AIDS Research. But suddenly last summer, her back betrayed her—again. After she slipped and fell on a wet marble floor, Taylor developed a compression fracture—essentially a crack—of the first lumbar vertebra, one of the bones of the lower spine. She had to be hospitalized last fall, and when walking became too uncomfortable, she was confined to a wheelchair. The intense pain caused her to become dependent once again on painkilling drugs. As so often before, depression and weight gain ensued. Finally, near Christmas, Taylor entered the Betty Ford Center for the treatment of drug dependency. It was a familiar, unhappy pattern.

Taylor's back problems began at the age of twelve, when she fell off a horse during the filming of *National Velvet*. In her twenties, Liz developed sciatica—irritation of the sciatic *(continued)*



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■ LIZ TAYLOR
continued

nerve, which runs from the spine through the muscles o the leg and foot. Sciatica usually occurs when a spinal disk ruptures, putting pressure on spinal nerve roots.

Liz then had two back operations—a diskectomy, to remove a malfunctioning disk, and a spinal-fusion operation to stabilize her spine. The latter operation involves welding two or more vertebrae with fragments of bone from the patient's own pelvis.

Unfortunately, surgery didn't permanently ease her pain. In the decades that followed, she consulted numerous doctors about her back problems; she's also had additional surgery, worn back braces and been in traction.

Liz is not alone. An estimated 80 percent of Americans experience low back pain at some point in their lives. The

BASIC BACK EXERCISES

New York City exercise specialists Molly Fox and Rebecca Thomas co-owners of the Molly Fox studio, suggest the following exercises for treating and preventing back pain. Do each one at least three times per week; better yet, do them daily. Check with your doctor before beginning this or any exercise program.



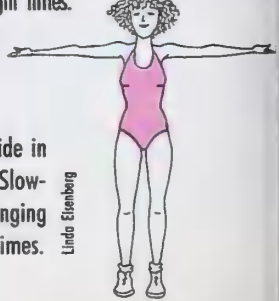
PELVIC TILT Lie on your back on a firm surface. Bend your knees, keeping your feet flat on the floor, arms at your sides. While pressing the small of your back firmly into the floor exhale and slowly raise your buttocks a few inches off the floor. Inhale as you lower your buttocks to the floor. Repeat eight times.



HIP FLEXOR AND QUAD Lie on your left side bending your knees at a 90-degree angle, keeping your knees in line with your hips. Grasp your right foot with your right hand, and slowly bring your right heel to within two to three inches of your buttocks to stretch out your quadriceps muscles. While holding this position, do a pelvic tilt to release the hip flexor muscles. Hold for 30 seconds. Repeat, lying on your right side.



MODIFIED ABDOMINAL CUR Lie on your back on the floor. Bend your knees, keeping your feet flat on the ground and pressing the small of your back firmly into the floor. Exhale as you slowly curl your head, neck and shoulders off the floor. Grasp the backs of your legs just below the knee. Hold the position for five seconds; slowly roll back down. Repeat eight times.



UPPER-BACK STRENGTHENER
Stand with your arms straight out to the side in a "T" position, shoulders level, palms up. Slowly squeeze your shoulder blades back, bringing them as close together as possible. Do ten times.

Linda Eisenberg

problem may stem from many causes: muscle strain, arthritic changes, herniated disks (breaks in the cartilage surrounding spinal disks), osteoporosis (a condition caused by a loss of bone density) or degenerative disk disease, a disorder that develops when vertebral disks flatten and joints enlarge, pressing on spinal nerves.

Surgical breakthroughs

Now there's new hope for many of those aching backs. Thanks to a number of recent advances, Liz—and millions of others—may no longer be forced to endure chronic pain.

Although the most common surgical procedures are still disk operations and fusions, there's growing controversy over when they should be performed. Many doctors now believe a short period of bed rest, medication and exercise can work as well or better. Any patient who is told she needs back surgery should get a second opinion, according to Fred Brown, M.D., director of the spinal and chronic back-pain clinic at the University of Chicago. In fact, more and more doctors are suggesting other options before recommending surgery.

However, people who *do* require surgery because of traumatic injuries—such as those suffered in car accidents—can now benefit from numerous technical breakthroughs. As little as ten years ago, doctors couldn't do much besides removing a disk fragment to relieve pressure on the nerve. Today doctors can remove one or more broken vertebrae and fuse others together, wire together parts of vertebrae, or put rods, screws and plates made of metal alloys into the spine to strengthen and stabilize the back.

For patients with ruptured disks, some doctors now perform a procedure called chemonucleolysis. This involves injecting a substance such as chymopapain (an enzyme found in the tropical fruit papaya) under the skin to dissolve the nucleus of the disk, thereby alleviating pain and swelling. (A word of caution: Improper needle placement can cause serious side effects, including leg paralysis.)

Disk-surgery candidates can also explore the possibility of a percutaneous diskectomy—a procedure that requires a much smaller incision than conventional surgery. During this operation, a special needle, guided by an X-ray, is inserted through the skin. When it reaches the trouble spot, it's used to cut and suction out bits of unwanted disk material.

Techniques for performing fusion surgery have also improved. Now doctors often implant an electrical bone stimulator under the skin. The battery-powered device stimulates bone growth; after the bones have fused together it is removed.

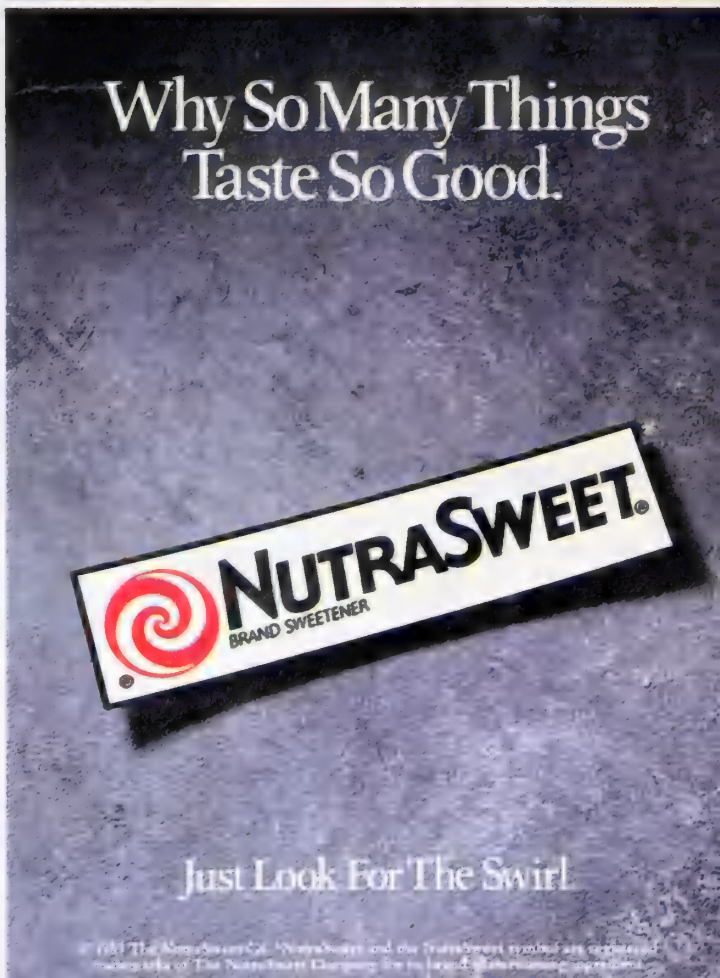
A softer approach

Nonsurgical remedies have become easier to prescribe, now that diagnosis has improved. Using state-of-the-art imaging techniques, including magnetic resonance imaging (MRI) and computerized axial tomography (CAT scan), doctors can rule out a number of diseases that may contribute to back pain, including disorders of the kidneys, uterus, ovaries, bowel or blood vessels.

To pinpoint the causes of back stress, physicians and physical therapists also analyze the patient's daily activities—like improper lifting techniques, poor posture, foot problems and curvature of the spine. Once they've determined its source, doctors try to ease acute pain with heat, ice packs and massage.

In the past, back therapy has often included highly addictive painkillers such as Percocet and Percodan, or muscle-relaxing tranquilizers such as Valium. Nowadays, however, many doctors are rethinking this approach. *(continued)*







THINGS THAT GO "BUMP" IN TH NIGHT AREN'T ALWA YOUR IMAGINATIO

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■ LIZ TAYLOR
continued

More and more doctors are relying on anti-inflammatory drugs like aspirin and ibuprofen, which ease swelling and pain, as well as mild muscle relaxants such as carisoprodol and cyclobenzatrin, which stop pain-producing spasms. For some patients, doctors may also prescribe transcutaneous electric nerve stimulation (TENS). In this therapy, a mild electrical current is applied to either side of the painful area to temporarily relieve discomfort.

The exercise Rx

Along with changing their approach to drugs, back specialists are altering their views on physical activity. Today, exercise is the centerpiece of most back-rehabilitation programs, because movement increases the flexibility and strength of the back. Walking, swimming and water aerobics are recommended, as are stretching, toning and strengthening. (See page 82 for specific back exercises.)

Many back-pain sufferers must also learn to deal with stress, which can intensify discomfort. Biofeedback, meditation or other relaxation techniques, and psychological counseling may all be helpful.

To ease chronic pain, doctors sometimes inject steroids into the spinal canal or around strained muscles or ligaments, says Fred Brown.

If a patient has had several operations and is left with a lot of pain and scar tissue, physicians may perform a procedure called dorsal column stimulation. This involves implanting an electrode in the spinal canal to block pain impulses from the brain.

Unfortunately, some patients experience pain despite every kind of treatment. Doctors may refer these people to a pain-management clinic. The Commission on Accreditation of Rehabilitation Facilities maintains a list of pain-management facilities across the country. To get a free copy, write to the commission at 101 North Wilmot Road, Suite 500, Tucson, AZ 85711, or call 602-748-1212.

TLC for your back

Following any type of back treatment, it's crucial to do what's necessary to continue to live pain-free. In addition to exercising daily, every patient should wear comfortable, sturdy shoes (not high heels), sleep on a firm mattress and sit in a chair that supports the back. It's also wise to achieve and maintain your correct weight.

Finally, it's important not to smok Doctors have found that smokers d velop spinal degeneration more ofte and at an earlier age, than nonsmoker Also, some researchers believe smo ing may poison bone-forming cells a interfere with the absorption of cal um into the bones (the issue is st being studied). This could slow healir in damaged disks and contribute to c teoporosis, according to Mark Brow M.D., chairman of the department orthopedics and rehabilitation at t University of Miami.

Over the past few months, Liz Ta lor has apparently been trying to f low such strategies. Last February s was in Palm Desert, California, to a cept America's Hope Award for h charity work and told her audien about the progress she'd made follo ing her back fracture half a year ear er. "It has taken a long time to he and a lot of learning to live with i said the star, who looked somewh plumper, yet still glamorous, in a lo cut black dress and a sequined, floo length jacket. "But I'm fine now."

So, too, will be other victims of ba pain who heed the latest advice.

Gail McBride is a Chicago-based wr er with a special interest in medicine

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fiction

Daniel



Anna couldn't shield her little boy from the losses of life, but maybe she could teach him a lesson about love

By Ilene Raymond

Anna rushes through the red door of the Alexandria Montessori to see that Daniel is the only child left except for Mavis, whose mother, Leona, is on a Jamaican honeymoon. Miss Jessie, Daniel's favorite teacher, is already sweeping up; when she turns, her disapproval at Anna's tardiness is clear. Anna considers an explanation—her afternoon hearing had run late; her secretary, K.C., had botched the Levinsky file. But instead, she plasters her face in what she hopes is an innocent, mothering smile and tries to take comfort that Mavis is still here—at least Daniel isn't the very last to go—until she remembers that it's the Friday she had promised Leona to take Mavis to swimming lessons, dinner and home.

"Mrs. Greenburg," Miss Jessie begins. But before the teacher can launch a reprimand, Anna takes a ten-dollar bill from the side pocket of her briefcase and lays it in Miss Jessie's palm—the standard late pick-up penalty. Then, smile firm, she turns to Daniel and Mavis.

"Let's roll, guys," she says.

Daniel rises, but Mavis, with a yank, pulls him back down.

"Your mommy is *bad*," she instructs him. Before Daniel has the chance to correct her, Mavis grabs Daniel by the hand and leads him to the schoolhouse door. Embarrassed, Anna hurries to catch up and explain, but Mavis breaks in.

"Bad mommies *cannot* apologize," she lectures, stern.

"Dan," Anna begins. "You know Mommy . . . "

But Daniel doesn't look her way. Eyes fixed on Mavis, he nods, *(continued)*

Photo, Alan Bernstein; pool, Pearl River Hilton.

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DANIEL
continued

grim. When he speaks, his voice wobbles, but the message is firm: "Bad mommies can't do anything."

At the shallow end of the Fairfax community pool, Anna spreads her cardigan on the concrete and lowers herself next to her friend Libby to report on Daniel's change of heart.

"It's a phase," Libby rules from under the enormous brim of her hat. Eyes on Daniel, who is the smallest of the boys lined up to jump into the lifeguard's waiting arms, Anna tries to believe that Libby is right. Despite two bad marriages, Libby remains a fatalist: If you wait long enough, she believes, everything will turn out fine. Her approach drives her six-year-old, Celia, wild.

Across the aqua water, Anna watches when it's Daniel's turn to jump. He takes a running start, then stalls. The lifeguard, a leggy teenager, tells him to try again. Daniel shakes his head no. Crouched on the concrete lip next to Mavis, Daniel looks tinier than ever: Only five pounds at birth, he's 30 percent lighter and 40 percent shorter than the charts, says the pediatrician. Toward the end of their marriage, Jonathan tried to blame it on her: You did it, he said. Feeding him junk. Never home long enough to cook a decent meal. Why is Daddy angry? Daniel wanted to know. And she had to admit, I don't really know. Since the divorce, the words have become her all-purpose response for things she cannot explain to a four-year-old.

"Entrance, stage right," Libby says, and waves. Anna turns to see Sam Roth waving back as he heads for his daily dives. Sam, a government lawyer, is a solid man with sandy hair, thick horn-rims and clear gray eyes, a daughter and his own divorce. Sam and she and Jonathan had all met at Georgetown Law School years ago; every once in a while, they'd have a beer to catch up. When Jonathan moved out last April, Sam had called a few times to see how she was. Once they had bumped into each other and gone to lunch. What had impressed her was how he never said a bad word about Jonathan. They had talked about their cases, and after dessert he asked her if she was getting by, and when she said yes, he didn't pry. She liked that. After Jonathan left, there had suddenly seemed to be about a million people who bragged how they had seen the whole thing—Jonathan's running around, their separation, the divorce—coming down the pike.

Today, Anna keeps her eye on Sa as he sets his glasses gingerly besid the board, then begins to climb th silver rungs. At the top, Sam still taking in energy, and then, with bound, he's on the board, testing i bounce. On the ground, Anna wonde how it had all soured: how the Jona than she had loved had turned into stranger who beeped from his car f Daniel on Sunday afternoons and ne er even came inside. A pain tugs at h chest; tears sting her eyes. She turn from Libby, not wanting her to see h cry, when a sudden scream rises fro the pool, followed by the lifeguard shrill whistle blast and a splash Sam, his timing off, does a belly flo into the water.

Libby, terror-stricken, searches f Celia. Anna, a half-beat behind, hu ries to where Daniel and Mav crouched only a minute before, whe she sees Sam dog-paddling throug the water, carrying her son. Fa white, hair slick, Sam hoists Dani from the pool and sets him on th grassy bank. Anna pushes past th other mothers. At Daniel's side sh kneels to him, eyes wild, checking f bruises, bumps, blood. Behind her, sh picks up the thread of the tale: ho Daniel had been waiting his turn practice the dead-man's float whe



ddenly, without notice, he jumped to the deep end on his own. "Oh, weetheart, sweetheart." Anna hears e words tear from her throat as she ns her eyes over him. She gathers aniel to her, greedy for the sound of s breath. "My baby," she says, alost a whimper. She presses her face gainst his, and Daniel, color slowly aining back into his face, erupts. "I'm not your baby!" he screams. 'm not anyone's baby! At all!"

For a full moment there is silence. ehind the pounding of blood in her rs, Anna hears the crowd begin to turn to their chairs and towels.

Daniel stands up. "You didn't even member to bring my towel," he acses her. "You do everything wrong."

Anna tries to think of what to do xt, how she might make this error , but her mind refuses to move: that e might have lost Daniel makes it possible to think. She tells him, Vait here," and starts toward her cargan in the grass, but the world is balanced. The bright sun blinds her; r knees go inexplicably weak.

"Deep breath," a man's voice orders. rop your head between your knees." cool hand presses the back of her ck; the easiest thing is to obey.

"Better?" he asks. She nods.

"There," he says. Then, without a pause, he reaches for one of the towels tossed nearby.

"That's stealing," Daniel says.

"Appropriating," Sam corrects. He wraps the towel around Daniel's tiny waist.

"I don't know how to thank you," Anna says, but Sam raises his palm.

"It was nothing," he says. She places her hand on Daniel's shoulder, but he shrugs her off.

"I'm hungry," Daniel announces. "I need to eat." He stamps his foot.

"You don't happen to like cheeseburgers, do you?" Sam asks, sly. When Daniel nods, he feigns surprise. "Great," he says. "My treat. We're running a special for deep-sea divers this week."

"That's not necessary," Anna begins, but Daniel sets his eye on Sam.

"I don't have a daddy," he lies. Sun in his eyes, he squints up. Anna shakes her head, but Sam bends down and places his lips beside Daniel's ear.

"How very convenient," he says in a whisper she knows she's meant to hear. "I don't have a son."

Daniel, the pilfered towel edging around his skinny hips, beams.

Sam insists on driving to the restaurant: "You're still shaky," he claims. Uneasy about giving him so much control, Anna objects, but Sam won't let her say no. While Anna locks Daniel's and Mavis's wet suits in her trunk, Sam lets the two children take turns testing the blinkers and running the wipers. On the road, Sam answers all of Daniel's and Mavis's questions with deliberate care: his daughter, Stephani, is ten; she has her own room; she likes cheeseburgers, too. He doesn't mention what Anna knows, that Stephani lives in Lansing, Michigan, with her mother and that thanks to a cutthroat divorce lawyer Sam sees her, tops, five times a year.

Inside the Burger King, the line for orders winds around stainless-steel bars: a packed house on a suburban Friday night. When Daniel starts to complain that his legs are tired and Mavis whines that she doesn't want to wait one minute more, Sam, a pro, lifts Daniel into his arms and doles out orange Lifesavers to them both. When the candy is gone, Sam sends the three of them to gather packets of ketchup and napkins and to find a table, the best in the house. "I'm counting on you," he says.

Daniel and Mavis, clearly infatuated, don't put up the slightest argument. Anna follows the two children around while they inspect each empty table, then engage in whispered negotiations as to its suitability. *(continued)*

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DANIEL
continued

Daniel seems more buoyant than she's seen him in months, and she has to admit that she feels oddly exuberant herself. She follows the two to a corner table when she hears Daniel call, "Look who's here!" and she turns to see Jonathan, seated in a plastic booth with a shiny, ponytailed girl she doesn't know. She looks away, hoping he won't spot her, but, of course, it's already too late.

"Hey," Jonathan says as Daniel barrels against his chest. "How are you, sport?" He looks up and nods at Anna. "Anna," he says.

"I jumped into the deep end, Daddy," Daniel reports. "And a man pulled me out." Anna waits for Jonathan to reprimand her: What was he doing near the deep end? But he only nods.

"Well," Anna says. "We better go."

"I don't *want* to go," Daniel insists. He loops an arm around Jonathan's neck. "I want to stay here," he says. "I want Daddy to live with me."

"You can see Daddy next Sunday," Anna says. "Now it's time to eat."

"I don't want to eat," Daniel says.

"Sport," Jonathan says. "Soon you can come visit me. Maybe for a week."

"When?" From the tone of his voice, Anna knows Jonathan is lying: He has always been a terrible liar.

"When I move," Jonathan answers.

"Move where?"

"To California," the girl says. Stunned, Anna looks up. The girl is not really a girl; she's a woman, maybe thirty, thirty-one. Her lips are icy red.

"Of course it's all in the planning stage," Jonathan amends. "We haven't really decided yet."

"What's California?" Daniel asks.

"A place," he says. "I didn't really want to bring this up yet."

"When were you going to mention it? The day before you left?" The question is out before Anna can think.

"I don't want you to go to a place," Daniel says. His voice quivers with tears. "I want you to stay here."

Jonathan reaches for Daniel's fingers webbed in his shirt, but before he touches him, Daniel yells, "No," and, without warning, closes his five fingers into a sharp fist and punches Jonathan flat in the eye, a direct and unexpected hit. Jonathan jumps up, and people at several tables turn. Daniel, frightened of what he has done, runs to Anna's arms.

"Look," Jonathan says, taking his hand from his eye. A red welt shows above the lid. "Look what your kid did. Is that what you teach him to do?"

"You idiot," Anna says. "That's the least I hope happens to you."

"Why?" Daniel asks through h tears. He turns to his father. "Why you have to go?"

Around them is silence. Behind h Anna vaguely senses Sam, a confus look on his face, hefting a tray crowd with food. It seems for a frozen m ment everyone is holding his brea waiting to hear what Jonathan mig say next, when Mavis, who has be watching, turns to Daniel.

"Because," Mavis says, in the sir song cadence she had used on Anna the school, "*leaving* is what daddi *do*." Daniel turns to Mavis.

"And then they are dead," he says

Jonathan's face goes gray. "N dead," he corrects. "Away."

"You *will* be dead!" Daniel cal "You will be *dead*!" All Anna wants to be out of that crowded Burger Kir Daniel's eyes have a high-wire look though everything has stretched t far from his grasp; he's up there, flo ing, adrift without a net.

So before Jonathan has the chan to speak again, Anna lifts Daniel into her arms. Usually, he squirm complains that he's too big to be ca ried, but at that moment, he relax and lets his body meld into hers li an infant's, as though they share t same bones. Sam walks Mavis behi



em to his car. It's not until they open e door that Daniel talks.

"I hate Daddy," he says. For a moent, Anna hesitates. Probably, the st route is to lie, but at that moent, hurting herself, she can't.

"You can hate him. To tell the truth, ght now I'm not so crazy about him yself," she says. "But you know the cret of daddies?" she asks. Daniel esn't take his eyes from hers. "You n hate them or love them, but ey're still yours." She draws a deep eath. "No matter what."

In the dusk, her words flutter. Sam arts the car, and Daniel closes his es. For once, she can't be faulted: e gave him her best shot.

ack at the pool parking lot, Sam helps her move the children, both asleep, into her car. "Can I call you?" he asks. e starts to say no, there is too much to ure out, but instead takes a tiny jump side herself and says, "Yes. That would nice."

"Good," Sam says, and quick, before e can stop him, he reaches for her nd, squeezes it and then starts for s car, waving a backward good-bye.

Anna drives through the dark, silent eets to Mavis's colonial home. In the iveway she stops the car, and both niel and Mavis wake. Blinking, groggy, they rub their eyes and yawn.

"If I had a baby," Daniel says, "I would never run away."

Mavis releases a yawn. "Boys can't have babies."

"Can too," Daniel says. "Boys can do anything."

"Except be mommies."

"Mom!"

"Sweetie," Anna says in reply, "why don't you kiss Mavis good night?"

"Okay." Quick as a shifted note, Daniel agrees, leaving the fight behind. Anna turns and watches as Daniel—her baby—seals his eyes and purses his puffed lips while Mavis—without a good-bye—heads to her front door, where the maid will let her in.

Among the leafy azaleas, crickets whir. Hearing them, Anna remembers how, when Daniel was first born, she believed she heard babies crying everywhere, as though, in giving birth, she had hooked into some huge, subterranean network of cyclical, endless motherhood: Crickets, cats, birds, even unoiled hinges and creaking doors echoed Daniel's omnipotent voice.

In the half-light, Anna admires Daniel's face, caught between baby and boy. It's impossible for Anna not to think of all the pain he will know, all the careless hurts; the whole inescapable human mess of tumbling from one place to another, in the hope of finding—what? Love? Happiness? And, fast, before Daniel can register Mavis's desertion, Anna dips to him, fierce as a lover, and kisses him full on the mouth. His eyes pop open at once.

"Daddies *can* have babies," he says.

"Daddies can have anything," Anna whispers back. "Anything they want."

"And mommies, too," Daniel adds. In the dark, his hand reaches for hers. His voice carries so much earnest innocence that it almost hurts to hear, but Anna holds on tight, watching Daniel's eyes in the shadowy moonlight; then he moves toward her, to rest his fragrant head in the shallow trench of her collarbone. Lights blink off on Mavis's front porch; the maid probably thinks they've gone. But Anna doesn't start the car; for once, there is no rush. For the moment, time has paused, permitting her to hold her son in her arms. The hymn of cicadas rises about them, and for the first time in a long time Anna thinks: Maybe I've done something right. ■

Ilene Raymond's fiction has appeared in a number of magazines. Winner of an O. Henry Award, she lives in State College, Pennsylvania, with her husband and son.



women's health

TOP DOCTORS ANSWER YOUR MOST INTIMATE QUESTIONS

Whether you're a young mom or approaching menopause, you care about your health. Here, leading ob/gyn specialists respond to your most personal medical concerns

Many of us talk frankly about everything from marital woes to money. Yet we often pass off our most pressing health concerns euphemistically as mere "female troubles." Women have never needed straightforward answers to their intimate medical questions more than now, however. To help fill the gap, we interviewed top doctors from the American College of Obstetricians and Gynecologists (ACOG). Below, their enlightening and reassuring answers.

By Beth Weinhouse

What can I do to ease menstrual cramps?

Dysmenorrhea (menstrual pain) may occur at any time during a woman's reproductive years. In many cases, over-the-counter medications such as ibuprofen and aspirin quickly bring relief.

If nonprescription remedies *don't* help within a couple of months, however, or if pain worsens over time, consult your gynecologist.

In some cases, menstrual pain may signal serious medical problems. These include endometriosis (a disorder in which tissue from the uterine lining is found outside the uterus; it is thought to occur in up to 15 percent of women), fibroid tumors, pelvic inflammatory disease, or a problem with an intrauterine device (IUD).

To help your doctor make an accurate diagnosis, Rebecca Shaw, M.D., an obstetrician and gynecologist in Des Moines, Iowa, suggests you make it a practice to keep calendar notes about your menstrual cycle, the length and dates of your periods, and whether the flow is heavy, average or light.

Can you tell me why my menstrual periods are so irregular?

Changes in ovulation and ectopic pregnancy (an abnormal pregnancy in which the fertilized egg settles outside the uterus) are the most common causes of irregular periods. Sudden weight loss or gain *(continued)*


Carefree
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Fresh Dressed Every Day
Because You're A Woman
Every Day.
Carefree

(continued) may alter ovulation patterns; so can exercise, an under- or overactive thyroid gland, or oral contraceptives. (The pills can work two ways; sometimes, they are used to *correct* menstrual irregularities.) Uterine-lining abnormalities—benign or malignant—can also cause irregular ovulation. If you've been under stress, your menstrual pattern may correct itself within a month or two. If it's still off-kilter, your doctor may prescribe hormones—progesterone tablets or birth-control pills—to regulate your periods.

I've heard it's harder to get pregnant after age thirty-five. How can I preserve my fertility until I'm ready to have children?

As you get older, fertility declines for several reasons. Some women ovulate less frequently as they age. There's also a greater chance that you've had or may develop endometriosis or infections that affect the fallopian tubes (the tubes that carry eggs to the uterus).

While some cases of infertility can't be prevented, others can. Protecting yourself from sexually transmitted diseases (STDs) is a good first step. That's because STDs, including chlamydia and gonorrhea—all of which may be symptomless—can lead to fertility-impairing infections, explains Luella Klein, M.D., professor and chairman of the department of obstetrics and gynecology at Emory University, in Atlanta.

To guard against STDs, practice monogamy. If you're not sure of your partner's health status, use condoms every time you have sex. Seek prompt medical attention if you notice genital sores, vaginal discharge or other symptoms.

What are the risks in delaying childbirth?

Your chances of delivering a healthy baby after thirty-five are very good. Thanks to modern prenatal tests, such as amniocentesis (a test of the amniotic fluid to check for fetal abnormalities, including Down syndrome—a birth defect marked by mental retardation and physical defects), you can find out whether your baby has a serious birth defect fairly early in your pregnancy. You then have the option of deciding whether to continue the pregnancy.

However, in addition to having a statistically higher chance than a younger woman of having a baby with Down Syndrome, women in their late thirties and beyond also run a slightly higher risk of having a miscarriage. And if you suffer from a chronic medical condition such as diabetes or hypertension, you need special attention from a high-risk-pregnancy specialist.

Because of these potential problems, ACOG experts encourage a woman to have children as early as possible, depending on her circumstances. "If a woman is thirty-five or thirty-six, I tell her to get on with it!" says Klein.

I want to deliver my baby vaginally. Is there any way I can reduce my chance of needing a caesarean section?

Many caesareans are repeats, performed because a woman delivered her previous babies that way. However, many obstetricians now recognize that a woman who has had one caesarean may be a good candidate for a vaginal delivery the next time around. If your first caesarean was performed because the baby was in a breech position (presenting buttocks or feet first) or because of fetal distress (irregular heartbeat), you can probably have a subsequent vaginal delivery, since these conditions do not necessarily repeat themselves. However, if the original caesarean was performed because of cephalopelvic disproportion—a pelvis too small to accommodate the baby's head and shoulders—vaginal delivery may be more difficult, though not always impossible.

Not all breech babies require a caesarean. If it turns out your baby is in the breech position thirty-five to thirty-seven weeks into the pregnancy, ask your doctor if he does *external version.* During this relatively new procedure, the physician tries to reposition the fetus by manipulating the woman's abdomen from the outside, directed by ultrasound. If the procedure is successful and the fetus remains in the preferred position, you may be able to deliver vaginally.

However, some breech presentations aren't discovered until a woman is in labor. Because of the high number of malpractice suits, most obstetricians will not attempt to deliver these babies vaginally.

Finally, if your doctor detects fetal distress, she will probably have to perform a caesarean.

If there's no medical reason why you cannot try for a vaginal delivery, however, and your doctor resists, consult with another physician.

Should I consider taking estrogen after menopause?

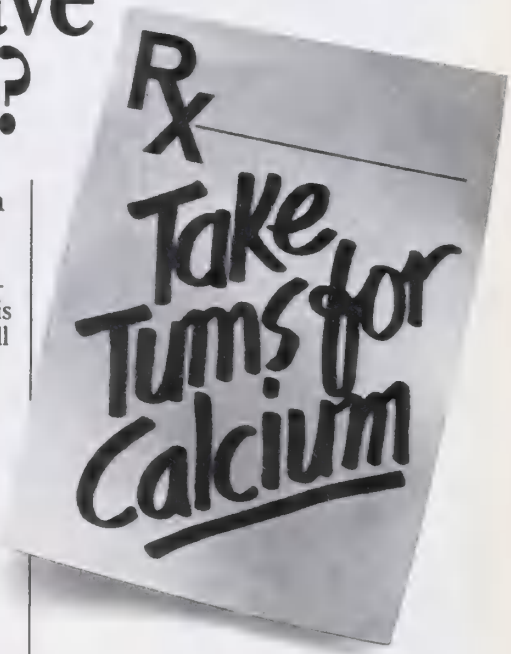
According to most ACOG experts, the benefits of estrogen outweigh the risks for many women. Estrogen replacement therapy (ERT) can ease the discomforts of menopause, such as hot flashes and vaginal dryness, and it helps prevent osteoporosis and possibly heart disease.

In the seventies, many doctors suspected that ERT led to an increased risk of endometrial cancer. Studies indicate that estrogen used alone poses an increased risk for uterine cancer. Doctors no longer worry about that risk, however, since nowadays most women are given estrogen along with progesterone.

On the other hand, estrogen promotes the growth of already present tumors, which are called estrogen-dependent. "ERT is not known to cause cancer, but if you already have a malignant tumor, estrogen may cause it to get larger," explains Vicki Seltzer, M.D., director of obstetrics and gynecology at Queens Hospital Center and associate professor of obstetrics and gynecology at the State University of New York at Stony Brook. For this reason, women who have had breast cancer are automatically disqualified for ERT, and those who have had endometrial cancer are usually disqualified. In addition, says Seltzer, ERT increases a woman's risk of developing gallstones and may raise her odds of developing high blood pressure.

The hormone progesterone is responsible for most of the noncancerous side effects associated with ERT. "About eighty percent of women taking a combination of estrogen and progesterone menstruate, and some bleed heavily," says George W. Morley, M.D., former president of ACOG. Though this bleeding may eventually abate, there may be other side effects. Some women gain weight or don't feel as well as they did before starting therapy. In such cases, a woman will usually decide to go off ERT. If she does, doctors will usually advise that she exercise and take calcium supplements to reduce the risk of osteoporosis. *(continued)*

Why are doctors recommending Tums to women who don't have heartburn?

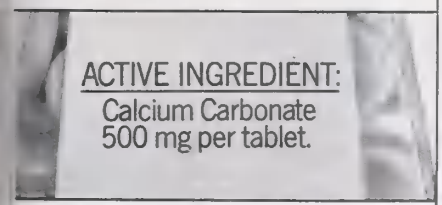


For one simple reason: Tums®—he very same Tums that is America's est-selling antacid tablet—also appens to be an unbeatable source f calcium. For women (and teenage irls!) who need extra calcium in their iets, there's no better source than ums.

That's why thousands of doctors cross the country are now recom-ending Tums to their patients over ther, more expensive calcium upplements.

low can an antacid be a alcium supplement?

For over 50 years, Tums has been ade from calcium carbonate. In ther words, the calcium in Tums n't an *extra* ingredient that's been dded to the Tums formula...it's been ere all along.



Besides being a fast-acting, effective id neutralizer, calcium carbonate is so one of the purest, most easily-sorbed forms of calcium. It's by far e most preferred source of calcium r supplementation, and most lead-g calcium supplements are made om it.

What other antacid ingredients oes Tums contain? None—just cal-um carbonate.

So whether you need antacid relief extra calcium—or *both*—you can ke Tums with complete confidence.

re all antacids rich in calcium?

No. Most other antacids contain calcium. They're made with ingre-ents like aluminum and magnesium.

What makes Tums better than other calcium supplements?

Even though most calcium supplements contain calcium carbonate, this does not necessarily mean they are all the same. For example, laboratory tests* prove that Tums tablets are totally dissolved in less than half the time most leading calcium supplements take. And any doctor will tell you that unless calcium carbonate is completely dissolved before it leaves your stomach, it's not delivering the maximum calcium benefit to your body.

You'll also appreciate the fact that Tums tablets are less expensive than most calcium supplements—they're only about *half* the price of the largest selling brand. And good-tasting Tums tablets are chewable—they can be taken anytime, anywhere ...without water.

Should you take your calcium supplement with your meals?

Yes. Medical research has shown that the most beneficial way to supplement your diet with calcium is by spreading your recommended intake throughout the day...preferably with meals.

If you're like most women, you need an additional 400 to 600 milligrams of calcium daily. Since each Tums tablet provides 200 milligrams of calcium (300 milligrams with Tums E-X), Tums is ideal for this type of regimen.

Don't wait till you have heartburn to get the extra calcium you need. Ask your doctor about Tums for calcium.

Does your calcium supplement dissolve in time to work?

A recent study published in *American Pharmacy,* the journal of the American Pharmaceutical Association, reported on the dissolution rates of the leading calcium supplement products. While most of the major brands passed the test, only Tums tablets were completely dissolved at the end of the 30-minute test period. The other leading supplements were only partially dissolved...and many bargain brands hadn't even begun to break down.

Product	*% Dissolved in 30 min.*
Tums®	*100*
Suplical™	*98*
Os-Cal® 500	*87*
Caltrate® 600	*69*

*For a copy of these test results send your name and address to: TUMS, P.O. Box 3830. Dept. LH, Stamford. CT 06905.

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■ INTIMATE QUESTIONS

continued

Women who have had a stroke or a blood clot, or who suffer from diabetes, high blood pressure and liver disease, are also not candidates for ERT.

Sex has become painful for me. Is there anything I can do?

Many women begin to experience discomfort during intercourse after menopause if they don't take hormones. Pain is especially prevalent among women who aren't very sexually active, since frequent intercourse helps maintain the vagina's ability to lubricate.

Women who decide not to take estrogen often find it helpful to use a lubricant, such as K-Y Jelly, before intercourse. Vaginal estrogen cream may also help, even if you are receiving estrogen by pill or patch. Finally, vaginal infections and inflammations can cause pain during sex at any age, and if you feel uncomfortable, you should be checked for vaginitis.

I have been suffering from pelvic pain. Could I have cancer?

Gynecologic cancers rarely cause pelvic pain. This makes early detection difficult; in fact, cancer symptoms often don't show up at all until the disease is quite advanced. Pelvic pain has many causes. Some of the most common include pelvic inflammatory disease (PID), endometriosis, chronic constipation and diarrhea, and urinary tract problems. If pain persists, by all means see your doctor.

My Pap smear result was abnormal. Is it possible that I have cancer?

While every abnormal Pap smear must be evaluated by a doctor, most do not indicate cancer. For one thing, ordinary vaginitis may cause an abnormal Pap. But an abnormal Pap is most commonly caused by condyloma—often called genital warts—a sexually transmitted disease caused by a virus.

To treat condyloma, doctors remove the warts; one of the newest methods involves injecting them with alpha interferon, an antiviral medication.

Since a woman who has had certain types of condyloma has a higher-than-average risk of developing cervical cancer, her condition should be monitored by a physician. A doctor will often do a colposcopic exam—a procedure in which a special magnifying instrument is inserted into the vagina to get a better vie of the cervix—followed by a biops

What can I do to prevent gyn cologic cancers?

Frankly, there is little you can do prevent endometrial or ovarian cance However, regular medical checku help ensure that these cancers are d tected as early as possible. This ir proves the chances of being cured.

Cervical cancer, on the other han can be prevented with regular Pa smears. These tests detect precancero cell changes that can be treated befo actual malignancies develop.

Another way to prevent cervic cancer is to use condoms regularly, have sex only with a partner you a certain does not have any STDs.

Coming up in July health:

Bare-minimum fitness: Don't have time work out? We've got the exercise plan f *you!* Also in store, how to minimize th dangers of pesticides and chemicals in foo the latest on allergy treatments, and fascina ing poll results: Five hundred women phys cians reveal what they'd do—and how they feel—if they got breast cancer.

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No powder cleanser can make this claim.



Soft Scrub® with Clorox® Bleach.

To bleach away tough stains
as safely as regular Soft Scrub® Cleanser.

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The Hotel Group of America, a San Francisco chain, offers inexpensive accommodations around the city—perfect for cable-car aficionados

Away for the weekend

Some of the best hotel bargains can be found on weekends in major cities, when the business travelers clear out. Here's how to have a wonderful time out on the town. By Julie Barker

We love the thought of a romantic big-city getaway—take in a show, have a quiet dinner for two, and finish your evenings with the fabulous view. We've rounded up some of the best offerings from the major hotel chains this summer, as well as a couple of special deals. Under each chain, we've highlighted a different city.

In some cases, only a limited number of rooms are set aside at the special package rate, so reserve early, either through a travel agent or by using the numbers indicated.

The Hotel Group of America is a mini-chain, in San Francisco, specializing in rooms for less than $100 per day. This group of small hotels with a European ambience includes three well-located properties that have packages for two nights/three days. Included are deluxe accommodations, complimentary continental breakfast and newspaper, chilled champagne and free parking. Children under twelve stay free. At the Hotel Union Square, the package is called Subtle Splendor on the Square and costs $169, based on double-room accommodations. At the Kensington Park, the Royal Rendezvous costs $217, double. And at the Hotel Diva, the Italian Interlude costs $217, double. These packages are in effect all year long. Call 800-553-1900 to make reservations.



Receive the royal treatment at the Kensington Park Hotel, where the flavor of Europe abounds

Marriott has a Two for Breakfast program available at one hundred fifty of its U.S. hotels Friday and Saturday nights. The program includes *(continued)*

Skylark. A little limousine. A lot of Buick.



The stylish, luxurious Buick Skylark makes a very powerful statement. Power options include the 150-horsepower 2.3-litre Quad 4 and 160-horsepower 3300 V-6.

Because it's a Buick, Skylark offers room and comfort for five, a smooth, quiet ride and a long list of features: ■ DynaRide suspension ■ Automatic transmission ■ Analog instrument cluster ■ Reclining split-bench front seat ■ Power front disc brakes ■ And more, including a selection of option package values.

See your Buick dealer and test-drive Buick's little limousine.

The Great American Road belongs to

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GM

Let's get it together buckle up

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The Union Square Hotel—a San Francisco treat for Mom, Dad and the kids

(continued) deluxe accommodations and complimentary full breakfast for two the following morning. Rate through the summer is $49 to $99 per room, depending on the city. Up to five people can stay in the same room, with $1.95 breakfasts available for the youngsters. A weekend activities guide offered at the participating hotels provides lots of ideas on local entertainment and attractions. For information, call 800-USA-WKND.

Instead of Two for Breakfast, the Marriott Marquis, in New York City, is offering a Summer in the City package from May 25 through September 7. Up to five people staying in one room pay $145 per night (any night of the week), and also get coupons for attractions, sight-seeing and dining at restaurants in the hotel. Located in the theater district, the Marriott Marquis is well situated for experiencing the Big Apple. To make reservations at the Marriott Marquis, call 212-398-1900 or 800-228-9290.

Ramada has a Supersaver Weekend program operating year-round, with most rates between $30 and $50, depending on location, per room, single or double. The rate is available Friday, Saturday and Sunday nights at participating locations. During the summer, Ramada's Great North American Summer Sale (available any night of the week from May 1 through September 30) starts at $37 a night, for up to four people in a room. At check-in, Summer Sale guests receive a $10 discount coupon for a rental car. Under either program, children under eighteen stay free in parents' room.

Both packages are available at up to four hundred fifty Ramadas. Rates for the Supersaver Weekend at the Ramada Renaissance Downtown, in Washington, D.C., are $85 per room, single or double. This newly renovated hotel is excellently located for visits to the White House, Congress, the Smithsonian and other capital sights. To make reservations, call 800-228-3838 and ask for Supersaver Weekend or Summer Sale.



Take (in) Manhattan at midtown's Marriott Marquis

Holiday Inn has a weekend program called Great Rates. At approximately one thousand Holiday Inns in the United States, travelers get 20 to 50 percent off room rates during off-peak times (Friday, Saturday, Sunday nights and holidays). The Summer Great Rates program is available not just on weekends but every day of the week from May through September 9. Rates, depending on hotel location, are $29 to $59 per room. As long as you share a room, a couple or a family of four pays the same low rate.

The Holiday Inn Crowne Plaza, near Los Angeles International Airport, is one of the hotels participating in the Great Rates programs. Besides such features as hot tub, steam room, exercise room, sauna and swimming pool, the hotel offers complimentary shuttles to shopping malls and beaches. It has been recognized as one of the top twenty Holiday Inns. To make reservations, call 800-HOLIDAY and ask for Great Rates or Summer Great Rates.

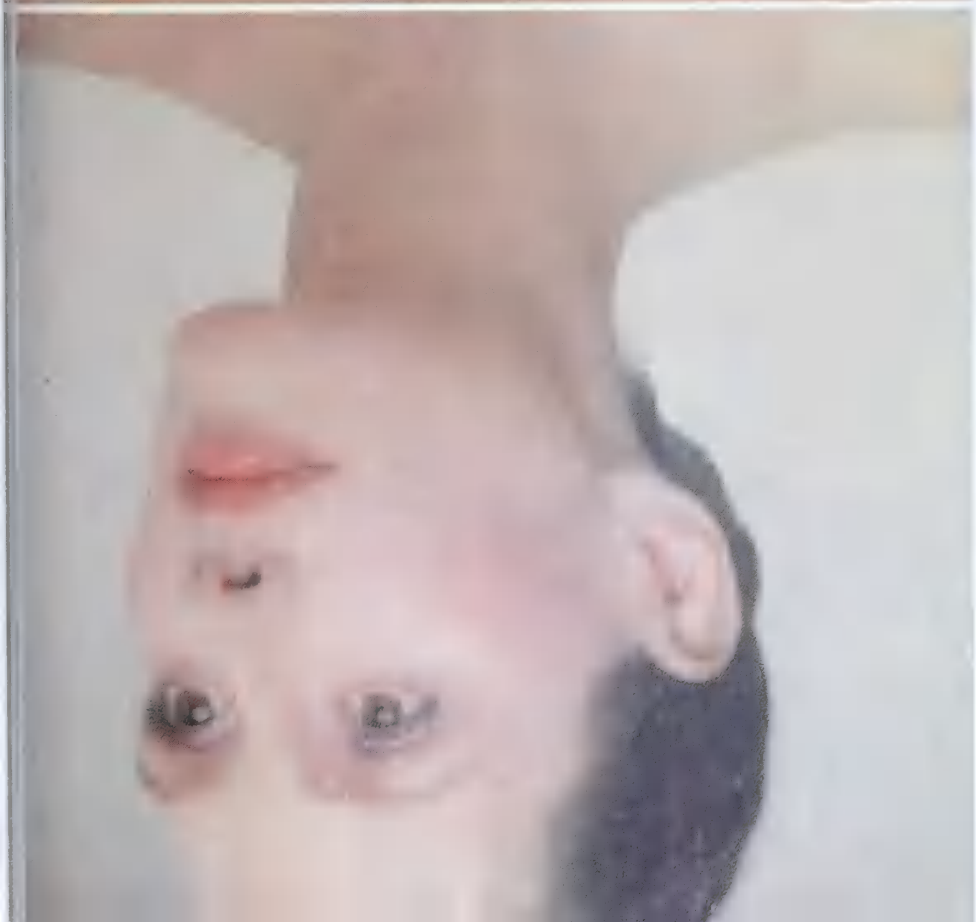
Days Inn has a toll-free number for information on packages offered by the chain across the country. If, say, you wanted information on weekend packages in the Boston area, you would be told about one at the Days Hotel Boston Andover, where the $54-per-night room charge gets you continental breakfast for two and two grandstand passes to Rockingham Race Track. Available every weekend until the end of the year, the package also allows children under eighteen to stay free in their parents' room. The hotel, which has indoor pool, fitness center and outdoor tennis courts, is about twenty-five miles from downtown Boston. The Days Inn package desk can be reached by calling 800-942-PKGE.

Hyatt offers weekend rates at most of its properties in the United States and Canada; during the summer, each Hyatt develops its own theme weekends. The Hyatt Regency Chicago has two weekend plans. Big City Style provides a two-night stay for couples arriving on Friday or Saturday. Included in the $255-per-couple price are deluxe accommodations, chilled champagne upon arrival, dinner for two, cocktails and complimentary parking. Romance at Hyatt includes deluxe accommodations, chilled champagne, breakfast for two at the restaurant or through room service and complimentary parking. If used on the weekend, the one-night rate is $120 per couple; Monday through Thursday the rate is $135 per couple. These rates are good year-round. *(continued on P.S. 16)*



A room with a view: The lights are bright on Broadway, and front-row seats await at New York's only revolving restaurant, at the Marriott Marquis







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Look for Basis in the specialty soap section of your favorite store.

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DECORATING HOTLINE

Produced by Karen J. Reisler

a primer on PAINTING

Painting is one home improvement that almost anyone can do. But don't just go for basic white. Revamp your room with a hot new hue

TRENDY TINTS

The scoop from Ken Charbonneau, color and merchandising manager for Benjamin Moore Paints.

out

- Teal
- Overpowering, vivid brights—true blue, red, jewel-toned green

in

- Black and pales (white tinted with blue, pink, yellow, green)
- Persian turquoise, dark green, olive
- Rich, opulent hybrid hues—red-violet, blue-violet, orange-red, magenta, periwinkle, Chinese blue

DECORATE WITH PAINT

Complements of the house

Don't simply settle for neutral backdrops, everyday beige or white walls all through the house. Finding complementary hues can be as easy as looking closely at your furniture and accessories—the perfect paint color could be lurking in the smallest detail on your upholstery. Be sure to consider:

- How you use the room. If your dining room is reserved for entertaining at night, when lots of lights will be on, a dark color, such as deep red or green, provides warm ambience.
- Details that define. If you love white walls, consider making more of moldings, cornices, chair rails, baseboards. Paint them a crisp, contrasting shade.

Once you've narrowed your choices, buy a small quantity of the color, and brush a bit on the wall to see how you like the look.

Balancing act

Color can even out bad room proportions.

- To make a small room look larger, pick out a single pale shade to paint the walls, woodwork and ceiling. Save your favorite dark shade for a large room.
- Give a cozy feeling to a room with a sky-high ceiling by painting the ceiling a deep, rich color.
- Want to jazz up an ordinary, perfect square of a room? Paint one wall in a contrasting color, texture or finish.
- To shorten a long "bowling alley" room, use a dark hue on the end walls.



The finishing touch

Here's a checklist of the many paint finishes available plus tips on the rooms they're best suited for. Flat paint is recommended for ceilings and formal, traditional rooms, especially if the walls display paintings—flat paint won't distract from the artwork. Also, flat paint complements dressy upholstery like chintz and damask. Eggshell paint has a slight sheen and a harder finish than flat paint, so it's more durable and washable. Best for hallways, offices and high-traffic areas. Pearl paint is the newest finish—look for AquaPearl by Benjamin Moore. Its washable finish is great for kids' rooms. Semigloss is ideal for high-traffic areas and adds a decorative look to doors, windows and trim. High gloss provides maximum durability and a wet look. Great for bathrooms, kitchens, trims.



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quite unabashedly,
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with passion.
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after a 3-day journey
to Harrisburg, Pa.,
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in the 9th annual
International Tuba Day,
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received from his wife,
Nancy,
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The ultimate display
of affection.

Manufactured by Goebel, W. Germany © 1988

SHOPPING LIST

underneath it all
Don't skimp on wall preparation. Fill wall holes and cracks; prime walls to seal, cover stains and spackling, and to give the walls better adhesion.

paint by the numbers
Use this formula to calculate how many gallons of top coat to buy. **1.** Multiply the perimeter of the room by the height to get the wall square footage. **2.** Multiply the length of the room by the width to get the ceiling square footage. **3.** Add the wall square footage and the ceiling square footage; divide the sum by 400 (the square feet covered by one gallon).

Extra paint may be needed to cover old or textured walls, which absorb more.



tools of the trade

- Paint rollers and pads for large areas (rollers with extension handles are terrific for ceilings). Pick up the proper paint tray to use with each.
- Buy a 1-inch brush for margins and window frames, and a 2- to 3-inch brush for woodwork. Buy nylon bristle brushes for latex paints; natural bristles for oil-base.
- Don't forget dropcloths and masking tapes. New products to look for: Tape n' Drape (Daubert Coated Products), masking tape with a polyethylene dropcloth attached; and 3-M's Hand-Masker Dispenser, lets you attach a continuous sheet of masking paper or film with masking tape in one smooth stroke. A separate tape dispenser is also included.

First things first

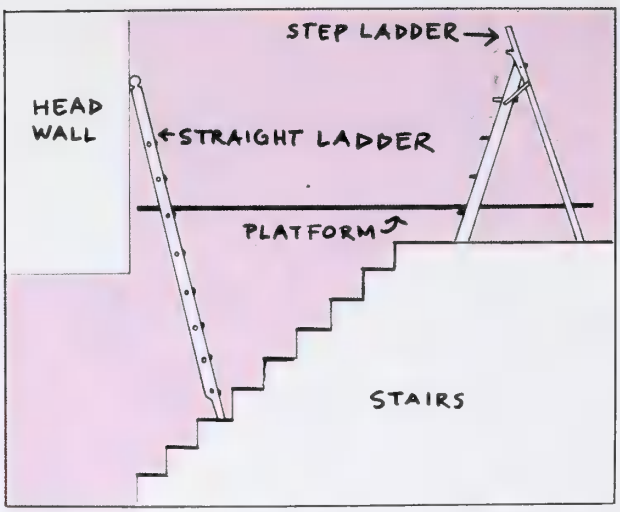
Paint a room in the following order for best results.

1. The ceiling. Starting at a corner near the window, paint along edges with a small brush. Change to a roller or brush and paint ceiling in bands, working away from the light of the window.

2. Next, walls. Complete one wall before taking a break or a change of tone will be noticeable. Work from the top down; if the paint drips, just brush over it.

3. Last on the face-lift list? Woodwork—doors, window frames, cornices, mouldings and baseboards.

How-to hints from the pros



- Stick with the same formula for primer, walls and trim. If you use latex paint on the walls and oil-base for the trim, they will age at different rates, and the oil-base will yellow faster.
- Clear the room of *everything*. If you must leave the larger pieces of furniture in the room, you'll have more space to work if you move them to one side and paint half the room at a time.
- Build a temporary work platform—it's a lot easier to work from than a stepladder. Set up a pair of stepladders or trestles and lay a sturdy plank or scaffold board between them. For a stairwell platform, see diagram at right.
- Before painting, wash walls from floor to ceiling. Use powder detergent—liquid streaks.
- When painting baseboards, hold a piece of cardboard along the bottom edge to keep the brush from picking up dirt off the floor.
- A loaded brush can be left up to two hours without cleaning if it is covered with foil.



Remember The Days When Cooking For A Crowd Wasn't A Chore?

Think back to the first time you entertained. Your guests were teddy bears and stuffed animals and dolls with roll-back eyes.

And you spent hours in your make-believe kitchen, fixing tea cakes and brownies and banana splits and lima beans. Making certain, of course, that there was enough to go around.

That was the true joy of cooking.

And if that's a feeling you'd like to experience again, just try cooking a few meals on the Jenn-Air grill-range cooktop.

Because with a Jenn-Air, cooking for a crowd can be as carefree as throwing a few steaks on the grill. Or hamburgers, if your family's as easy to please as those teddy bears.

The Jenn-Air's convertible cooktop lets you snap in a variety of optional accessories in just a matter of seconds.

And with Jenn-Air's unique Selective-Use™ oven, you can switch from radiant to convection cooking. Which means that your crowd doesn't have to wait as long for tender baked chicken or juicy pot roasts.

But maybe the thing you'll appreciate most is how easy it is to clean up with a Jenn-Air. Most parts drop in the dishwasher, and the cooktop wipes up with a damp cloth.

What's more, with our downdraft ventilation system, smoke and odors from cooking are vented to the outside without an overhead hood. Which keeps your kitchen cleaner.



So before you buy just any cooktop, think back to those teddy bears and dolls with roll-back eyes. And then imagine having fun in the kitchen again. JENN-AIR

To find out more, see the Yellow Pages for the Jenn-Air dealer nearest you. Or write Jenn-Air Co., 3035 Shadeland Ave., Indianapolis, IN 46226. © 1989 Jenn-Air Co.



One way or another, it'

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Produced by Hyla Sabesin Finn



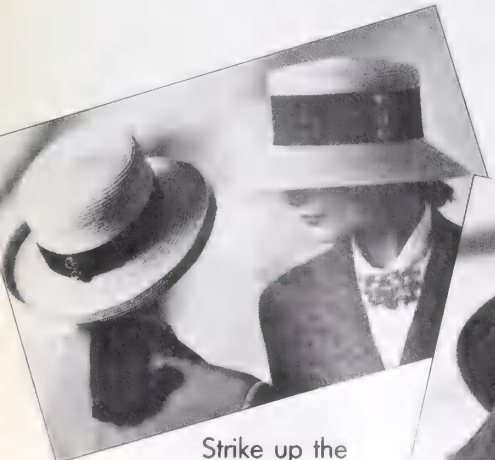
hats off to SUMMER

Straw chapeaus aren't just for the shore anymore! Here, head-turning hats brimming with style

Maeve Carr's wide boater. This hat offers fashion dash and shade from the rays.

Color is key this season—eye-catching brights like fuchsia, yellow, royal blue and purple are all the rage. Natural straw styles abound banded in the same hot hues.

- **How to enhance a plain straw hat? Trim it with silk flowers, scarves and ribbons.**
- **Create a jaunty look by turning up the front or side; secure with a favorite pin or a big silk bud.**
- **Tip for a perfect fit: The width of the crown should equal the distance between your cheekbones.**



Strike up the band: Shiny brass buttons are a simple touch that lets these hats go from weekend jeans to sophisticated suit looks. By Patricia Underwood.



Stripes are chic, especially on this newsy navy cloche. By Patricia Underwood.



Cast a giant shadow with Whittall and Shon's whimsical showstopper bedecked with cherries and ribbon.



Isn't it romantic? A chiffon-banded wide-brimmed hat tops a billowy skirt or dress. By Patricia Underwood.

Photos, top left and second from right: Tohru Nakamura; all others, Joanne Savio.


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WOMEN GETTING AHEAD

By Shirley Sloan Fader

Q *Who pays?*

I've been offered a permanent job at an office where I've been a temp. The company says I must pay them $100 as part of the fee they give the temporary agency for hiring me away. Is this legitimate?

A No. Companies often must pay a fee to the agency when they hire a temp as a permanent employee. You do not pay even a part of it. According to *The Temp Worker's Handbook*, by William Lewis and Nancy Schuman (Amacom, 1988), "It is always the responsibility of the client company to pay this charge. Do not let anyone tell you that you must contribute."

Financial aid: free info for job changers

The excitement over a promotion or a new job may evaporate if it requires you to move to another city where the costs of living are much higher. If the raise that accompanies your new status is insufficient, you might find that your standard of living actually drops in the new city. (A couple who spend $27,986 for basic living costs in Nashville would need $38,331 just to maintain the status quo in Boston, according to Runzheimer International, specialists in cost-of-living analysis and relocation costs.)

Runzheimer has prepared a comparison list of living costs in sixteen major cities throughout the U.S. For a free copy, send a self-addressed, stamped envelope to Runzheimer International, Cost of Living Table, Living Cost Division, Runzheimer Park, Rochester, WI 53167. The data can help you evaluate an offer and try to negotiate a raise that really boosts your buying power before you take a new job.

Q *Interviewers' tricks*

I recently applied for an executive position, and during the interview lunch, my prospective employer asked questions about my family life, particularly about my children. I tried to talk only about the job. Must I answer these questions if they are asked in my second interview?

A You are under no obligation to answer such questions. Federal law forbids employers to ask you if you have children, are planning to have children or have a troublesome child-care situation. But even though they cannot ask directly, employers still sometimes try to find out whether your child-care arrangements will interfere with your ability to do the job, according to *The Wall Street Journal*.

The probing friendly lunch is one such devious strategy in professional or executive recruiting. The prospective supervisor brings the conversation around to problems with her children, such as frequent hassles with car pools, knowing that it's only natural for you to mention some of your child-care woes. Your best bet? Stick to a story about your marvelously reliable child care and leave it at that—don't bring up any problems.

Remember, child care is not a women's issue—it's a parents' issue. When appropriate, indicate that your husband shoulders his half of the burden of caring for sick children, picking up kids from day care, and so on.

Q *Husband vs. job*

Though we can't manage without my paycheck, my husband is depressed and angry about my going to work. How do I cope?

A Many men still feel that they're supposed to earn all the family money, according to a study recently reported in *Journal of Marriage & the Family*. When they can't fulfill this goal, they react with feelings of guilt that may turn to depression and anger.

The majority of American families now live by new rules. Most families need two paychecks, and 63 percent of married American women now hold jobs. Husbands and wives join in caring for home and children. Knowing this may help ease your husband's guilt over not living up to outmoded expectations.



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Betty White

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Not for weekends only: Package plans at Stouffer's Orlando Resort let you enjoy EPCOT and Disney any day of the week

(continued from P.S. 4) VIP passes to the Art Institute of Chicago, and specially priced boat excursions on the Chicago River (right outside the Hyatt's front door), are available to those booking weekend packages. In addition, rooms for children under eighteen are half-price during the weekend stay if they connect with the parents' room.

For reservations at the Hyatt Regency Chicago, or for information on other Hyatt hotels, call 800-233-1234.

It doesn't have to be a weekend to take advantage of packages in two of America's favorite cities—New Orleans and Orlando.

In New Orleans, at the **Omni Royal Orleans,** in the heart of the French Quarter, the Royal Honeymoon Holiday costs $398 per couple. Besides elegant accommodations, the package includes imported champagne on arrival, a romantic dinner or lunch, coffee and beignets at the famous Café du Monde in the historic French Market, and a choice of any one of several tours and cruises. The same package, without the champagne or the romantic dinner option, is called the Royal Economy Holiday. It costs $338 per couple for three days and two nights.

The Omni Royal Orleans also offers a package called the King's Ransom. Billed as "unquestionably the most luxurious hotel experience in New Orleans," it costs $2,000 per couple for a two-night stay, including Dom Perignon, candlelight dinner served in the Royal Suite, luxury limousine transfer to and from the airport or cruise terminal, a full evening's use of a luxury limousine to any destination you choose, a cocktail cruise as guests of the captain aboard the paddlewheeler *Natchez*, a $500 spending spree in the boutiques and specialty shops at the Jackson Brewery, and Sunday brunch or lunch in the hotel's Rib Room. Your accommodations are in the Royal Suite or the Penthouse of the Omni Royal Orleans. Reservations must be made at least eight days prior to arrival, by calling 504-529-5333.



Trés élégant: Luxury in Louisiana's French Quarter at the Omni Royal Orleans, where champagne and candlelight dinners are de rigueur

We checked out the resort packages at **Stouffer Orlando Resort.** Stouffer's Breakation packages are available year-round. The Orlando Escape is a two-night package featuring oversize accommodations, one-day passes to eight area attractions, complimentary coffee and newspaper, use of athletic club and tennis facilities, and a special rate for the resort's supervised children's activities center. The package costs $373 per couple from June 15 through December 22, 1989. Children under three stay free; three to nine pay $72. An additional adult sharing the room pays $105.



Soak up the sunshine at the Westin Cypress Creek, in Fort Lauderdale

The resort's Golf Breakation package includes two nights' accommodations, two days of golf at the International Golf Club (an eighteen-hole championship course), complimentary greens fees, cart rental, balls and shuttle from the hotel. Package guests also receive buffet breakfast, welcome beverages, complimentary coffee and newspaper. Rate from June 15 through December 22, 1989, is $480 per couple. Children under 18 are free, sharing their parents' room. An additional adult pays $155.

Stouffer Orlando Resort—which features the world's largest atrium—is located right across the street from Sea World of Florida, and minutes away from Walt Disney World, EPCOT Center and two new attractions—the Disney MGM Studio (which opened in May) and Universal Studio (opening this fall).

We also looked into the **Westin Cypress Creek**'s weekend packages. At this Fort Lauderdale resort, the $69 per night rate (single or double), available on Fridays, Saturdays and Sundays from May 28 through September 30, 1989, entitles each guest to continental breakfast each morning and a welcome cocktail. Fitness facilities at the resort include a health club, swimming pool, whirlpool and outdoor jogging track. Golf and tennis are available nearby. For reservations, call 305-772-1331. ■



STRAWBERRY CHEESE PIE

(Makes one 9-inch pie)

- 1 (9-inch) baked pastry shell *or* graham cracker crumb crust
- 1 (8-ounce) package cream cheese, softened
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- ⅓ cup ReaLemon® Lemon Juice from Concentrate
- 1 teaspoon vanilla extract
- 1 quart fresh strawberries, cleaned and hulled
- 1 (16-ounce) package prepared strawberry glaze, chilled

In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in ReaLemon® brand and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with strawberries and desired amount of glaze. Refrigerate leftovers.

CREAMY BANANA PUDDING

(Makes 8 to 10 servings)

- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 1½ cups cold water
- 1 (4-serving size) package *instant* vanilla flavor pudding mix
- 2 cups (1 pint) Borden® Whipping Cream, whipped
- 36 vanilla wafers
- 3 medium bananas, sliced and dipped in ReaLemon® Lemon Juice from Concentrate

In large bowl, combine sweetened condensed milk and water. Add pudding mix; beat well. Chill 5 minutes. Fold in whipped cream. Spoon *1 cup* pudding mixture into 2½-quart glass serving bowl. Top with one-third *each* of the wafers, bananas and pudding. Repeat layering twice, ending with pudding. Chill. Garnish as desired. Refrigerate leftovers.

Tip: Mixture can be layered in individual serving dishes.





BLUEBERRY STREUSEL COBBLER

(Makes 9 to 12 servings)

- 1 pint blueberries
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 2 teaspoons grated lemon rind
- ¾ cup plus 2 tablespoons cold margarine or butter
- 2 cups biscuit baking mix
- ½ cup firmly packed brown sugar
- ½ cup chopped nuts

In bowl, combine berries, sweetened condensed milk and rind. In large bowl, cut *¾ cup* margarine into *1½ cups* biscuit mix until crumbly; add berry mixture. Spread in greased 9-inch square baking pan. In bowl, combine *½ cup* biscuit mix and sugar; cut in *2 tablespoons* margarine until crumbly. Add nuts. Sprinkle over cobbler. Bake at 325° for 1 hour and 10 minutes or until golden. Serve warm with ice cream and Blueberry Sauce.

Blueberry Sauce: In saucepan, combine ½ cup sugar, 1 tablespoon cornstarch, ½ teaspoon cinnamon, ¼ teaspoon nutmeg and ½ cup water. Cook and stir until thickened. Add 1 pint blueberries; cook and stir until hot.



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QUICK BANANA PUDDING

Makes 8 servings

- 1 (6 serving size) package ROYAL® Instant Vanilla Pudding & Pie Filling
- 3 cups milk
- 43 NILLA® Wafers
- 5-6 medium ripe bananas, sliced (about 4 cups)
- 2 cups prepared whipped topping

Prepare pudding according to package directions using milk. In bottom of 1½-quart serving bowl, spoon ½ cup pudding. Top with 8 wafers, a generous layer of sliced bananas and ⅔ cup pudding. Stand 10 wafers around outside edge of dish. Continue layering 11 wafers, sliced bananas, ⅔ cup pudding, 14 wafers, sliced bananas and remaining pudding. Cover; chill at least 3 hours to soften cookies. To serve, spread whipped topping over pudding; garnish with additional banana slices if desired.

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WESTERN BURGER

(Makes 4 servings.)

- 1 pound ground beef
- 1 tablespoon French's Worcestershire Sauce
- 1 can (2.8 ounces) Durkee French Fried Onions
- 6 tablespoons barbecue sauce
- 2 tablespoons French's America's Favorite Mustard
- 4 strips bacon, fried crisp or 1/4 cup Durkee Bacon Chips
- 4 hamburger rolls

Combine ground beef, Worcestershire sauce, *1/2 can* French Fried Onions, *2 tablespoons* barbecue sauce and Mustard, mix well. Form into 4 burgers, broil or grill to desired doneness turning carefully. Top with bacon, remaining sauce and onions. Broil 30 seconds or until onions are golden. Serve on hamburger rolls.



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T. O'Neill/Sygma

As Margaret Thatcher marks her tenth year as Great Britain's Prime Minister, her journalist daughter provides an exclusive close-up of her private side

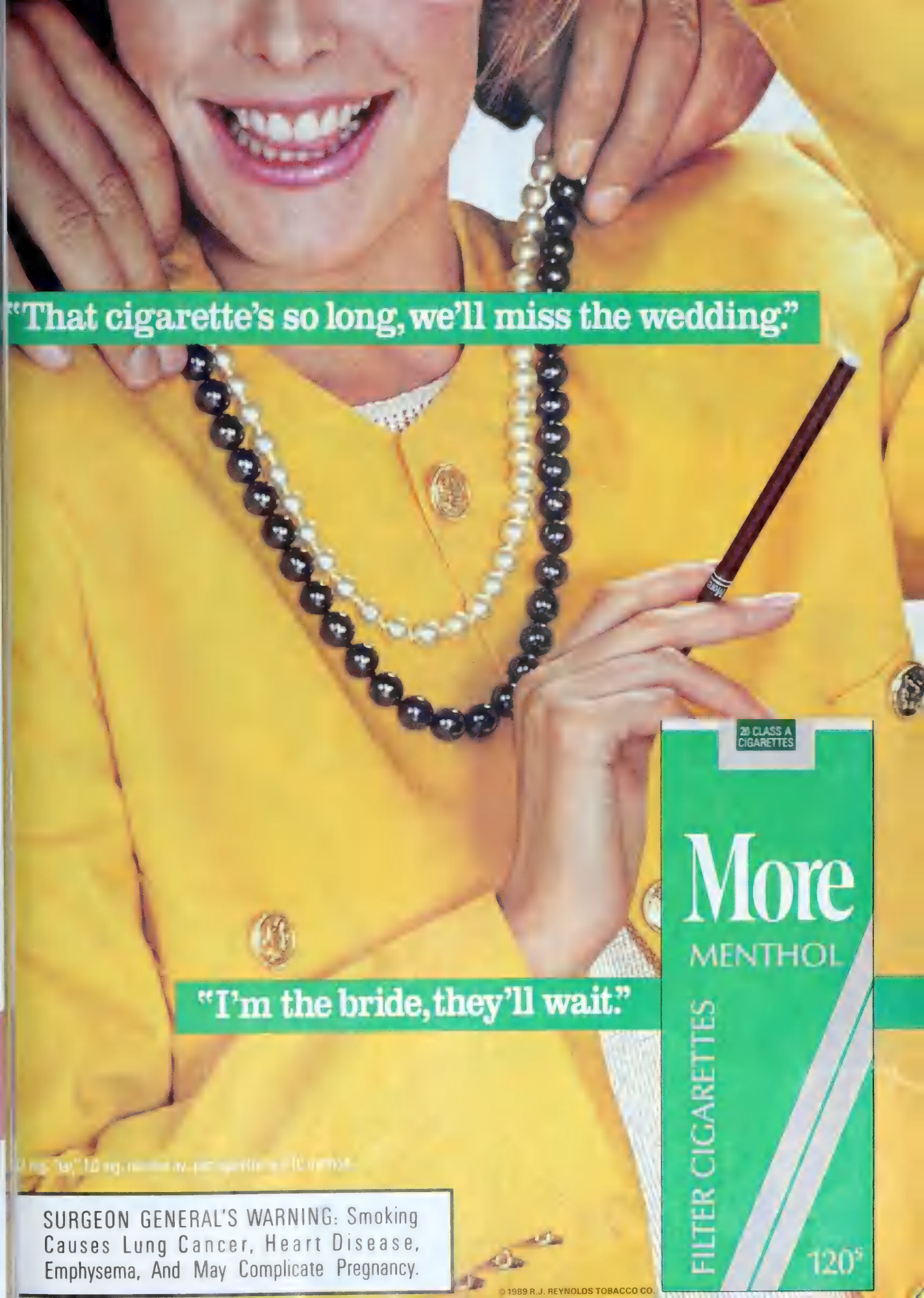
MARGARET THATCHER
Portrait of my mother

By Carol Thatcher

The most powerful woman in the Western world begins her day by making her own instant coffee (black, no sugar), fetching a glass of reconstituted orange juice from the fridge, and tuning into the BBC radio program *Farming Today*. It's not that my mother is profoundly interested in cattle prices; just that that's what precedes the 6:30 A.M. news, which she certainly does want to hear as she begins her usual marathon day.

There's no live-in help in the private quarters of 10 Downing Street, the P.M.'s official residence, and my father, Denis, who's semiretired at age seventy-four, doesn't usually rise until eight, so Mum's on her own most mornings. She seldom eats more than half a grapefruit; since she normally has a lunch and dinner engagement, she considers breakfast a meal that is easily missed. But she swears by generous daily doses of vitamin C, a regimen recommended by another female Prime Minister, Benazir Bhutto of Pakistan.

The Prime Minister's flat occupies the former attic of *(continued on page 102)*



SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

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1. VEGETABLE RICE SALAD

cup BEST FOODS Real or Light Mayonnaise
Tbsp vinegar
small clove garlic, minced
tsp salt
tsp pepper
cups cooked rice, cooled
pkg (10 oz) frozen peas, thawed
cup shredded carrot
cup chopped green onion

ombine first 5 ingredients. Stir in emaining ingredients. Cover; chill. lakes 3½ cups.

2. CLASSIC COLE SLAW

cup BEST FOODS Real or Light Mayonnaise
Tbsp lemon juice
Tbsp sugar
tsp salt
cups shredded cabbage
cup shredded carrots
cup thinly sliced green pepper

ombine first 4 ingredients. Stir in maining ingredients. Cover; chill. lakes 6 cups.

3. CREAMY ITALIAN PASTA SALAD

1 cup BEST FOODS Real or Light Mayonnaise
2 Tbsp red wine vinegar
1 clove garlic, minced
1 tsp dried basil
1 tsp salt
¼ tsp pepper
1½ cups twist macaroni, cooked, drained
1 cup quartered cherry tomatoes
½ cup chopped green pepper
½ cup sliced ripe olives

Combine first 6 ingredients. Stir in remaining ingredients. Cover; chill. Makes 3 cups.

4. CLASSIC POTATO SALAD

1 cup BEST FOODS Real or Light Mayonnaise
2 Tbsp vinegar
1½ tsp salt
1 tsp sugar
¼ tsp pepper
4 cups cooked, cubed, peeled potatoes* (5 to 6 medium)
1 cup sliced celery
½ cup chopped onion
2 hard-cooked eggs, chopped

Combine first 5 ingredients. Stir in remaining ingredients. Cover; chill. Makes 5 cups.

*Microwave Directions: In 1½-qt microwavable casserole combine cubed potatoes and ¼ cup water. Cover. Microwave at High (100%), stirring once, 8 to 10 min. or until tender. Drain. Continue as above.

5. DIJON POTATO SALAD

1 cup BEST FOODS Real or Light Mayonnaise
2 Tbsp Dijon mustard
2 Tbsp chopped fresh dill or 1½ tsp dried dillweed
1 tsp salt
¼ tsp pepper
1½ lb small red potatoes, cooked and quartered*
1 cup sliced radishes
½ cup chopped green onions

Combine first 5 ingredients. Stir in remaining ingredients. Cover; chill. Makes 4½ cups.

*Microwave Directions: In 1½-qt microwavable casserole combine quartered potatoes and ¼ cup water. Cover. Microwave at High (100%), stirring once, 8 to 10 min. or until tender. Drain. Continue as above.

6. CLASSIC WALDORF SALAD

½ cup BEST FOODS Real or Light Mayonnaise
1 Tbsp sugar
1 Tbsp lemon juice
⅛ tsp salt
3 medium apples, diced
1 cup sliced celery
½ cup chopped walnuts

Combine first 4 ingredients. Stir in remaining ingredients. Cover; chill. Makes 5½ cups.

7. CLASSIC MACARONI SALAD

1 cup BEST FOODS Real or Light Mayonnaise
2 Tbsp vinegar
1 Tbsp prepared mustard
1 tsp sugar
1 tsp salt
¼ tsp pepper
8 oz elbow macaroni, cooked, drained
1 cup sliced celery
1 cup chopped green or red pepper
¼ cup chopped onion

Combine first 6 ingredients. Stir in remaining ingredients. Cover; chill. Makes 5 cups.

(continued from page 98) the seventeenth-century house. (A grocer's daughter, Mum likes to refer to her quarters as "living over the shop.") Airy and spacious but far from grand by White House standards, the flat's pastel rooms are decorated with comfy chintz furnishings, courtesy of the government, accented by some of my mother's collection of Crown Derby porcelain.

After her morning bath my mother dresses quickly in an outfit that, in her extremely organized fashion, she set out the night before. Two mornings a week the hairdresser comes by to give her a shampoo and set; otherwise, she's expert at doing a comb-out herself.

Between eight and eight-thirty she walks down a short flight of stairs to reach her study and formally begin her ministerial duties. (I say formally, because she's already been doing paperwork since she got up.) Nearly every moment of her day is packed with meetings, including twice-weekly cabinet sessions.

Sir Winston Churchill once called No. 10's famous black portal "the most democratic door in the country" because everyone—a world leader or the milkman—must come through it. No one has a key, as the door doesn't lock. Instead there is someone inside round the clock to let people in and out; on a busy day the door might be opened nine hundred times!

Most evenings find the Prime Minister at an official function—dinners, speechmaking, a late vote in Parliament. At No. 10, entertaining is done in the formal reception rooms on the first floor, where the dining room can seat about sixty.

Whatever her evening's engagement, my mother tries to get home by eleven or twelve. But her duties aren't over yet, because on her return the "red boxes" are sent up to the flat. Best described as briefcase-size suitcases, they contain official documents and paperwork that usually require her to work into the small hours of the morning. Mum's famous for being able to exist on only a few hours' sleep—and it's quite lucky that she can.

At age sixty-three she still has tons of vitality and stamina, and looks as good as—some argue better than—she did ten years ago. Ask how she does it, and she'll point out that like a marathon runner, she's been in training for years.

That's true. Really, I can't remember when she wasn't frantically busy. She was elected to Parliament nearly thirty years ago, when my twin brother, Mark, and I were six. I was always conscious that she was different—it was very unusual in those days for a woman to be an M.P.—and I can remember the press people coming to take our photograph. In 1970, she was appointed a Cabinet minister; she became Opposition Leader in 1975. She won the office of Prime Minister in May 1979, and now she's not only the only woman ever to hold that job but the longest-serving P.M. of this century.

Since my mother's always been low-key about landmarks in her life, however, she will treat her anniversary with the same business-as-usual attitude. "It's enough to have gotten there," she says.

Behind the facade

For all her poise and experience, the P.M. is not immune to attacks of nerves—which might come as a surprise to folk who still see her in the Iron Lady mold. She is usually super cool, but she still loathes watching herself on TV and will occasionally come back after a major interview and ask us, "Was I all right?" I try to call if she's been on the telly to say, "You looked great" or "You did well." And she'll often call me if she knows about some interview or project that I'm about to do, just to wish me good luck.

We shared great anxiety one day back in 1975, when my law exams were held at the same time as the ballot to determine whether she would lead the Conservative Party. Mum and I sat in the kitchen of our townhouse in Chelsea, reviewing our respective trials. To cheer me up as I left, she said, "Good luck, darling, you *can't* be as nervous as I am." Relief was soon at hand—she won, and I passed. (I was following in my mother's footsteps, as she had practiced law before abandoning it for politics. I left it for journalism.)

Even today, she still gets nervous before the question time every Tuesday and Thursday in the House of Commons, when members of Parliament can ask her questions on any part of government policy. And she's especially concerned before something momentous, such as her spring 1987 visit to Moscow for the talks with Soviet leader Mikhail Gorbachev. Recalling how anxious she'd been on the eve of her visit, she told me, "It was far deeper than trembling because it mattered more. I knew it was one of the most important days of my life."





When you want to paper a wall, it helps to have Margaret Thatcher around. She was eager to help when daughter Carol (below) decorated her first home



That Russian trip was noteworthy for another reason—a new-look Maggie emerged. As a woman in public life, she's always found her appearance to be under scrutiny. Before the Moscow trip, she bought three coats from Aquascutum, a long-established Regent Street store known for its tailored British style. The wool coats—a solid black, a camel with a fur collar and matching fur hat, and a stunning blue—were phenomenally successful. Since then she's bought her clothes exclusively at Aquascutum (actually, the clothes—and the chief buyer—come to her).

She was delighted to be named to the International Best Dressed List in 1988, even if she sometimes laughs that people will expect her to be more glamorous now. "The style that suits me is the suit, so I don't have to worry anymore," says Mum. She's rarely found these (continued)

Clockwise from top left: RDR Productions, SIPA Press, RDR Productions.

Fruit Wheats.

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in the news

(continued) days in a dress, favoring suits even for evening wear—such as the striking pink and gold one she wore for the last Reagan White House banquet last November.

Clothes really are my mother's hobby, and she genuinely enjoys choosing, planning and packing them for an overseas trip. She has devised an interesting system for identifying her outfits: She gives them names, usually after the place they were first worn. I do rather well in hand-me-downs—Mum gives me the odd coat she thinks she's been seen in too many times!

She doesn't follow any special beauty regimen, largely because she is blessed with lovely, fine-textured peaches-and-cream skin. And she doesn't wear a mammoth amount of makeup, always applying her own with a light hand. At bedtime, she's meticulous about cleaning her face, although she doesn't use a cream overnight. It all comes down to an economy of time; for the same reason, she doesn't wear nail polish.

My mother is considered to have a good figure, and she's disciplined about keeping it. She is weight-conscious, and when she wants to lose a few pounds, she skips fattening courses like dessert. On the rare evening that she is home, she seizes the opportunity to eat lightly and cook for herself. A favorite meal might be a poached egg on whole wheat toast, a fish dish, lasagne or a salad followed by fresh fruit. Her freezer in the flat is also well stocked with convenience food from Marks and Spencer, and occasionally, if a session with a team of speechwriters is running seriously overtime, my mother's been known to say, "Everyone's starving!" and to heat up a frozen lasagne.

She has only the occasional whiskey and soda, and barely touches the wine at banquets. Her weakness is for chocolates. Unfortunately, her friends know this and send gifts of irresistible treats!

As for exercise, she doesn't do anything special like ride bicycles or do aerobics. She's naturally fit. I'd say she burns up energy just being Prime Minister.

The private lady

I'm often asked what my mother does to "switch off," and the answer inevitably is that she never does. She seems to recharge her batteries as she goes along. There's no such thing as downtime in her schedule; she tends to go flat out all the time. These days, she says, "I still work every bit as hard, if not harder," than when she first ascended to the P.M.'s job. She's the original workaholic.

She doesn't have hobbies as such, although she loves occasional outings to the theater. At home, before she got so busy, she was a keen gardener. And although she was never a terribly ambitious cook, she did make Mark and me some smashing birthday cakes in the shape of trains and cars and so on when we were kids.

I don't know whether it was because my father once had a paint business, but Mum definitely was a great do-it-yourselfer when it came to redecorating. I can remember many hours of being her assistant, holding up wallpaper while she fussed cutting around things and matching up the pattern. When I bought my small London house five years ago, she volunteered to spend a Saturday wallpapering and took complete charge. Progress was remarkably swift, and I could have used her very constructively for several more weekends! As you can see from the picture, my mother wore a dress and heels for the wallpapering. She does not possess sneakers or blue jeans, and she wears high heels for everything. If she's visiting something like an oil rig, she'll wear culottes or pants. But she doesn't like to. "I haven't got the figure for it," she insists.

On most weekends, she and my father do escape to Chequers, a country house in Buckinghamshire, forty-five miles from London, which decades ago was given by a British aristocrat to the government for the P.M.'s use. There she catches up on sleep, goes for walks through the woods, and watches tapes of her favorite TV program, *Yes, Minister*, a political satire. On occasion, she may get a tape of a British film that's been a success.

Interestingly enough, my mother doesn't discuss politics very much at all—in that sense, she doesn't bring her job home. She's very self-contained, and the best person I know at keeping secrets. For example, when my sister-in-law, Diane, gave birth to her first child in Dallas on February 28, no public announcement was made until March 3. How many other brand-new grandmothers wouldn't have breathed a word of the big news for three days? The point of the delay was to allow mother and baby to get home in peace in case the press were on hand, but nobody even told *me*.

My mother is, of course, completely delighted that one of her thirty-five-year-old children has made her a grandmother at last. Not that she's ever exerted any pressure on me to get married, but luckily she has now completely given up!

Looking back to 1979, when it seemed so revolutionary that there was a woman presiding at No. 10, it seems extraordinary to realize that a generation of children regard it as normal. Both she and the job seem to have merged.

There's a story my mother delights in telling about the young son of friends who once saw Labor Party Leader Neil Kinnock on TV. When it was explained to him that Mr. Kinnock hoped one day to be Prime Minister, the child replied, "He can't. He's a man!"

People sometimes ask me what I've learned from my mother, and what comes to mind is, basically, the power of positive thinking. I remember her often quoting a poem about sailing, which in essence says that it's the set of the sail, not the way of the gale, that determines the way you go. In other words, *you* determine where you want to go, and get there.

It's been very good advice—from both a mother *and* a Prime Minister. ■



Usually the only woman present when major world leaders meet, Thatcher posed for a team photo with her powerful peers at the Tokyo Summit in 1986

Carol Thatcher is a freelance writer who frequently contributes to English newspapers and appears on "TV A.M.," a morning news program.

Larry Downing/Woodfin Camp

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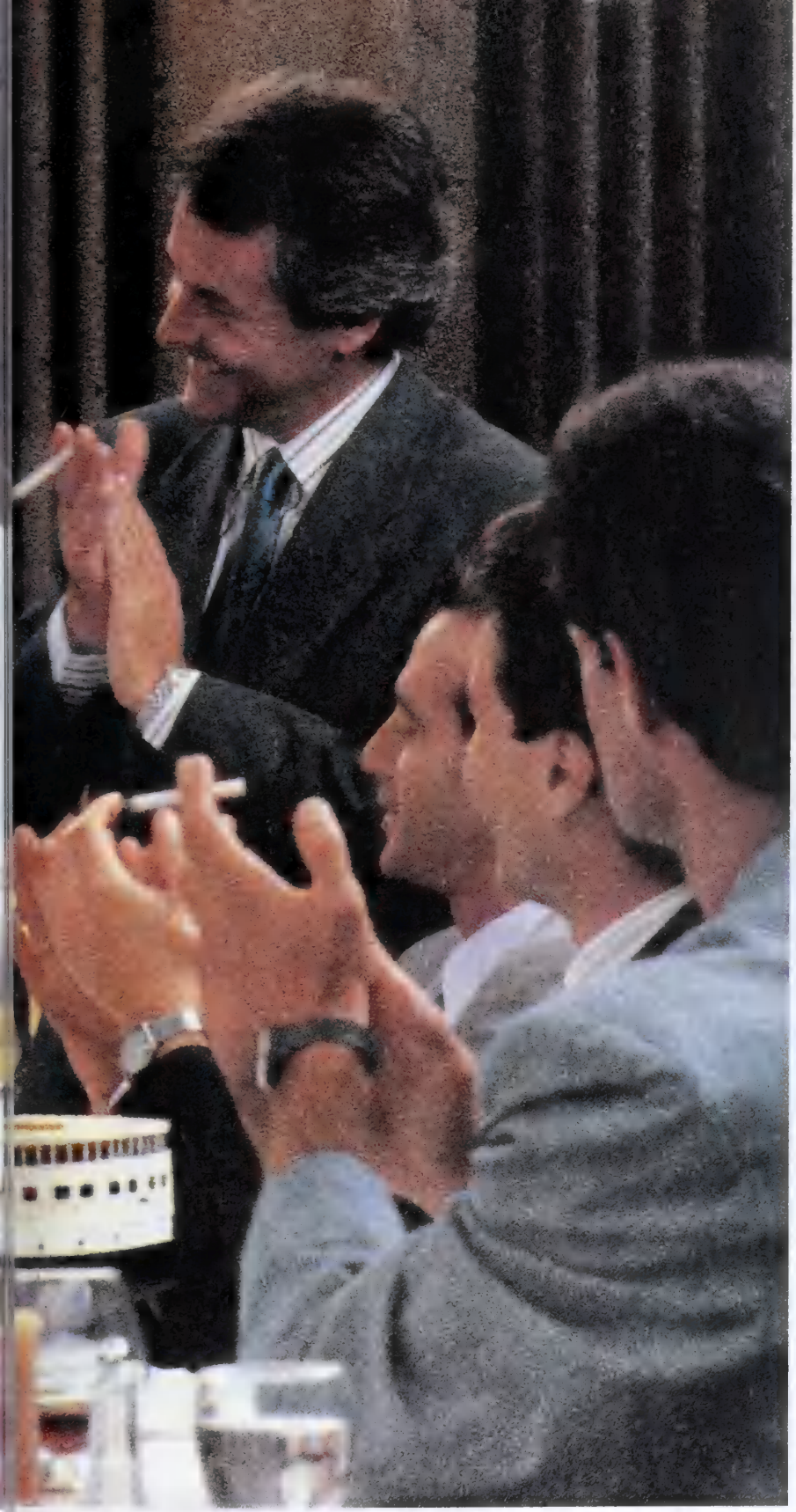
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self-help

Bernie Siegel, M.D., is the number-one best-selling author of "Love, Medicine & Miracles." In this special interview, the surgeon-author inspires us with stories of exceptional patients, enduring hope and a prescription for a healthier life

how to heal YOURSELF



Thomas Victor

On the eve of the publication of his new book, *Peace, Love & Healing*, Dr. Siegel has an important message for us all to hear: There is no such thing as false hope

Interview by Michelle Lodge

More than a decade ago, Dr. Bernie Siegel, a surgeon at Yale–New Haven Hospital and a professor at Yale Medical School, began to notice that certain terminally ill cancer patients not only beat the odds but went on to live happy, healthy lives. As a result, he set up a support group called Exceptional Cancer Patients, which continues to this day.

Who are these exceptional patients? Siegel likes to give the example of a landscape gardener who was seventy-eight years old when Siegel operated. His follow-up pathology report showed him to be filled with cancer, and massive chemotherapy was prescribed as a last resort. The patient's response? "I don't have time. It's springtime, and I'm going to make the world beautiful." Six years later, Siegel reports, the man is perfectly healthy and is still beautifying the world.

Another patient, this one a lawyer, had always wanted to be a violinist. When he was told he had only a year to live, he started to play the violin. Years later, he has no sign of a brain tumor and is playing with an orchestra.

Today, Siegel still uses traditonal cancer treatments in his practice. Based on what he learned from these survivors, however, he also encourages his patients to discuss their dreams and express their feelings.

Siegel's unconventional methods have been attacked by many physicians, who say he gives false hope to the dying. Critics also contend that his philosophy may *(continued)*



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increase feelings of failure in patients who don't improve, however much they try to better their attitude.

Yet despite the sometimes negative reviews, the doctor's disciples are a legion—1.5 million copies of his first book are now in print. *LHJ* talked with Siegel about his work and the continuing controversy surrounding his message.

Obviously, you believe there is a connection between the mind and the body. How can that link help to overcome disease?

The healing system is made up of your brain and your immune system. Feelings are chemical, and when you deal with feelings, you help yourself. So the person full of joy and love and hope is saying "Live." And the person who is depressed is saying "Die." I believe that the happy individual has about a tenth of the physical illness and death rate of those who are unhappy.

Why do you think women live longer than men?

There are physical factors, but more than anything it has to do with emotional factors. Women are willing to deal with their feelings, and they keep finding new reasons *not* to die. In other words, if a wife dies, the husband has a harder time than a woman does if the husband dies. And that has to do with the wife's ability to find other relationships and other people to love.

One of my patients said to me, "Keep me alive for my son's wedding." She came back from the wedding to the hospital and instead of dying, said, "Don't forget I have another son."

Who are the patients least likely to lead healthy, happy lives?

Let me illustrate it this way. You are diagnosed as having a horrendous disease and six months to live. So you decide to make every moment precious. The next day you have a wonderful day planned, but a friend calls and asks for help moving. You don't want to do it. Do you help that friend? The majority of people say yes. Those individuals are statistically *not* likely to be long-term survivors. Who did they *not* love? Themselves.

What kind of patient has the best chance for recovery?

The outspoken ones. When the patient shows up who says, "I'm not taking my clothes off and I'm going to ask a hundred and fifty questions," and so forth, everybody says: "Poor patient, terrible person." But if you test, those are the very people with the more active immune systems. They are living longer. They don't have trouble saying no.

You have described disease as a gift. Wh does that mean?

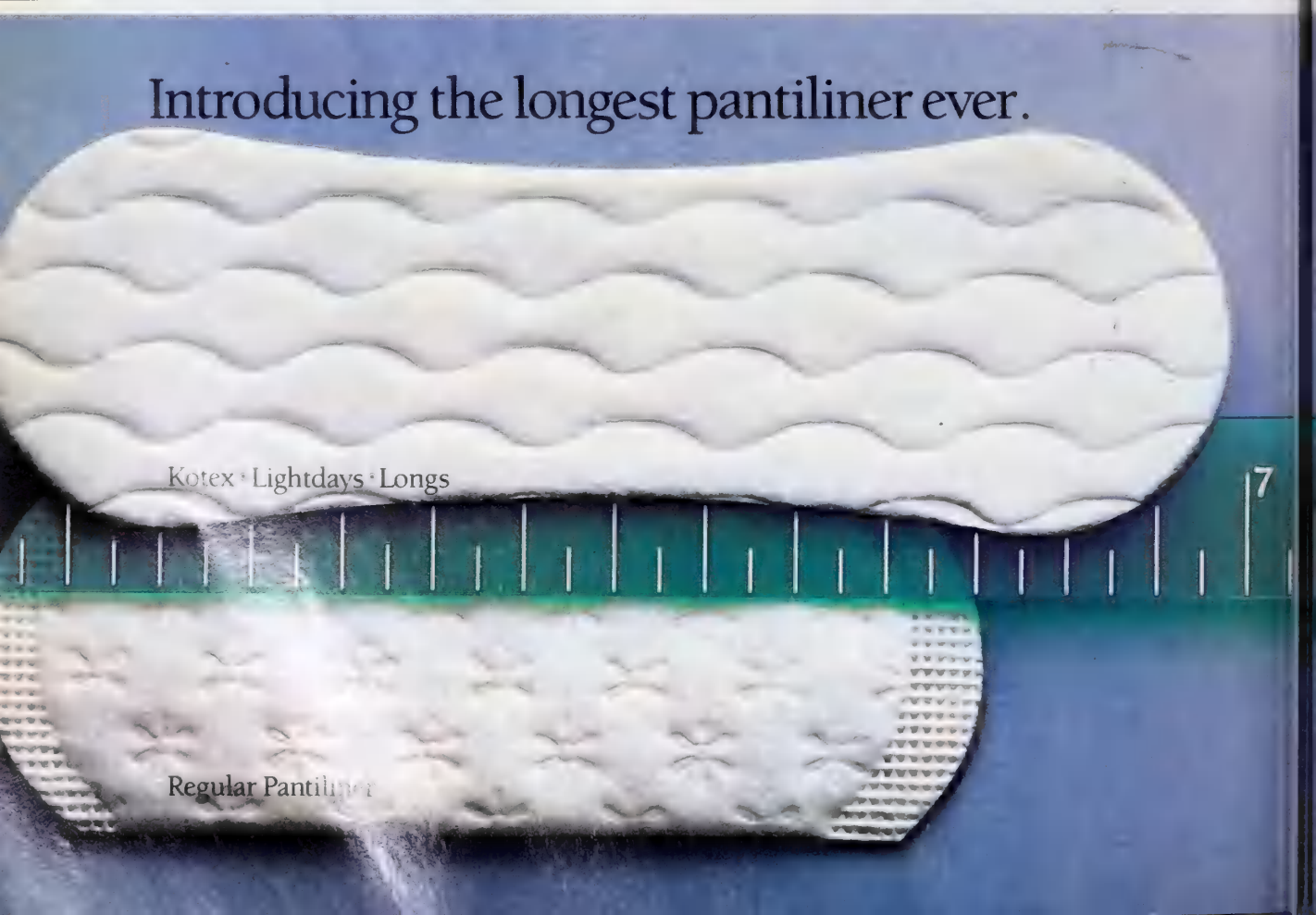
Many people thank me for helpi them find themselves, even thou they die of their disease. When y hear them say AIDS or cancer or m tiple sclerosis is a gift, they're talki about the fact that it got them to *li* it helped them heal their life.

What's the difference between wishing y get well and hoping you get well?

Wishing is nonparticipatory: "May I'll be lucky." You sit back and wis Hope is the light that keeps us aliv To me, hope is a realistic stateme that you might beat the statistics; takes in the possibilities that exist f each of us. The truth is there is reason not to hope. People get over a kinds of things.

Do you believe in miracles?

When you describe something as miracle, it's because you don't unde stand it. Yet, obviously even a mirac has to happen based on the mech nisms that exist within us or t world. And I try to use words like *se induced* so that you understand t role you play in the so-called une plained event. Now you may sa "What about people who go to Lourd



and sprinkle water on themselves and come back cured?" I would answer it's still up to the individual. They did participate: They went to Lourdes. They *believe*; they *accept*.

What happens when there is no hope, no belief in miracles?

It turns out to be a reverse miracle. Doctors keep killing people with their words when they say there is no hope. A physician told a woman with a brain tumor that she would be dead within a month and that he could do nothing more for her. A year later, he met her on the street and said, "What have you done?" And she said, "You offered me no help, so I went down to Mexico and began taking Laetrile. Now I'm driving my car and playing the piano again." At that point, he spent about half an hour telling her how ridiculous, unproven and what a waste of time and money the treatment was. She went home and died that night.

How do you respond to the charge that you give people false hope?

As soon as a medical student or a doctor says to me, "You're giving false hope," I say, "Tell me what it is." And they try to answer, "Well, it's . . . " And I say, "Right, there is no false hope. There's only false no-hope." You cannot tell the future of an individual. Optimists live longer. Pessimists have a more accurate view of the world, but they don't live longer.

How can medical education be improved?

I'd love to see every doctor experience the hospital bed to see what it's really like. Another way would be to assign to every student for all four years a patient with a chronic illness so he would get to know and relate to that person. Then, when the medical student graduates, he would be totally different.

What can a person do to change her life?

First, live one hour at a time. If you had ten minutes to live, you wouldn't need instruction from me on what to do. You would say: "My last ten minutes, I'll do just what I feel like doing."

Second, keep a journal every day of your feelings and dreams, and once a month draw a picture of yourself.

Third, interrupt your day with healing intervals. If you want to sing, sing. If you want to pray or just rest, do it. Say to your body, "I like living."

Finally, every day present yourself naked in front of a full-length mirror. When you are done with the negativity, find something to love about yourself—maybe your skin, maybe you have nice eyes. Each time find something else about yourself that you can like, until you can look in the mirror and say, "I love that person I see."

What do terminally ill patients want from the medical professional?

There are five things that people close to death say they want. They are: Let me talk first; knock on my door; say hello; say good-bye; and look me in the eye when you talk to me. If in the care an extra cure happens, wonderful; Bernie Siegel will have accomplished something. I'm not saying do it because it will cure more patients, but from the care does come more cures. The reason we're mad at the medical profession, suing doctors and disgusted with medical care isn't the technical stuff; it's the lack of care, the lack of listening and compassion.

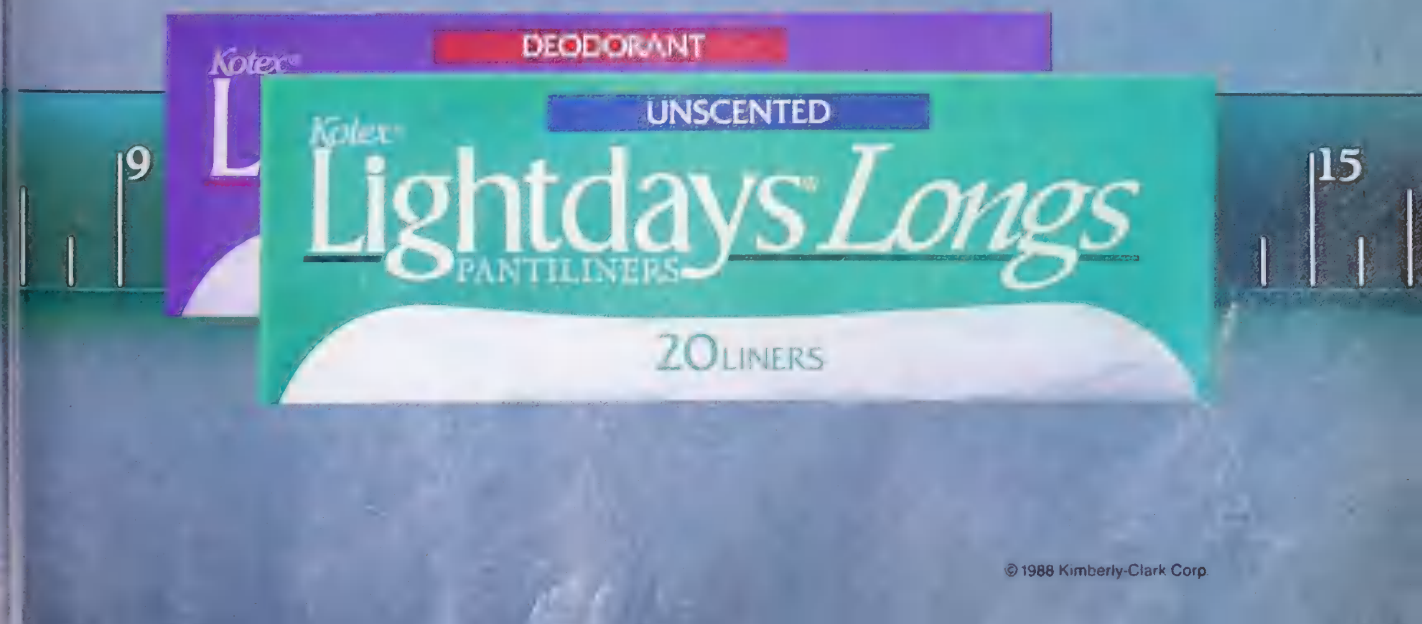
What is the one message you would like to convey through your writing and teaching?

I'm teaching people not only how *not* to feel guilty but how to be heroic, to confront mortality, to take on a challenge, to become winners, to do something with life they had never done with it before.

I tell patients, "It's okay to feel lousy. It's all right if you can't control every side effect. Everybody dies someday." Part of why I wrote another book was to say: The message is to heal your life, not cure your disease. ■

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oll shown smaller than her
ajestic height of 19 inches.

MEDINEWS

By Sally Squires

TO HELP YOU AND YOUR FAMILY STAY HEALTHY

Antibiotic alert

New, superpowered antibiotics may be too strong for many urinary-tract infections (UTIs), said researchers at a recent conference at McGill University, in Montreal. While knocking out infection, these potent drugs also kill beneficial vaginal and intestinal flora, thereby causing unwelcome side effects such as diarrhea, yeast infections and resistance to bacteria. Experts say broad-spectrum antibiotics, including cephalosporins and quinolones, should be reserved for complicated UTIs that resist milder drugs. Most UTIs respond to a three- or four-day course of such tried-and-true drugs as amoxicillin, ampicillin or nitrofurantoin macrocrystals.

The hormone-diet connection

Don't blame yourself if you binge some days and pick at your food on others. Your hormonal cycle may be responsible for an on-again, off-again appetite. Researchers at the University of California at Berkeley have found that women's appetites shift naturally during the month. They say the desire for food intensifies right before menstruation, dips at ovulation, then rises again. The bottom line for dieters: Chart your cycle and keep plenty of low-calorie snacks, such as fruits and vegetables, on hand when your appetite peaks.

Condoms for women

You may have heard about women's condoms. Soon they'll hit the States. The first female condoms developed in America will be sold under the brand name Women's Choice vaginal sheath. The condoms—which protect against pregnancy and sexually transmitted diseases, including AIDS—are inserted with a tamponlike applicator. They cover the cervix and line the vagina and are held in place outside the body with a soft ring. Each condom is used once. They're expected to be easier to use than a similar device announced by Danish researchers earlier this year. Pending Food and Drug Administration approval this year, the condoms will sell for about $1.50 each.

Cancer treatment trials

If you want to participate in cancer research, you should read "What Are Clinical Trials All About?" Published by the National Cancer Institute, the free pamphlet describes how to get into a trial (where you receive the most up-to-date treatment) and suggests questions to ask if you decide to participate. To get a copy and more information about the trials, call toll-free 800-4CANCER. In Hawaii (on Oahu), call 808-524-1234; on neighboring islands, call collect.

Fluoride: not just kids' stuff

Fluoride—long known to prevent tooth decay in children—can help grown-ups beat cavities, too. A recent study at the University of Iowa at Iowa City showed that adults who brushed twice daily with fluoride toothpaste reduced their risk of developing cavities by 40 percent. The adults also cut their chances of developing decay on tooth root surfaces by a full two thirds. Root cavities are common among older adults because gums recede as we age, thereby exposing root surfaces.



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Dennis Brack/Black Star

HOW GOOD SHOULD YOU LOOK?

Ladies' Home Journal
June 1989

By Caryl S. Avery

These days, it's far easier to enhance our appearance. But must we make use of every available beauty breakthrough? Or does **Barbara Bush**—*who's not afraid to look her age—have the right idea? Here, a provocative analysis of the complex issue that affects every woman's self-image*





QUICK FIXES FROM MAKEUP PRO REX

A smudge of brown or gray pencil plus mascara would give Barbara real wide-eyed appeal. Barbara's coppery-red lipstick is not the best choice with her complexion; she should pucker up in a softer pink. We love her skin-enhancing white hair, but a looser style would look more youthful.

A NEW LOOK FOR THE FIRST LADY

"Barbara Bush has fabulous cheekbones and a strong chin, but they're hidden by loose skin and wrinkles," says Gerald Imber, M.D., attending plastic surgeon at New York Hospital–Cornell Medical Center. Imber would suggest removing the excess skin on her upper and lower lids to open up her eyes; liposuction on the lower portion of her face to rid the cheeks, jawline and neck of fat; and a face-lift to iron out the lines and show off her bone structure.

When Barbara Bush fi
beamed at us fro
magazine covers ar
TV screens in all h
full-figured, silver-haire
weather-beaten splendo
she both appalled and d
lighted the American publi
On one side, the self-impro
ers tut-tutted, "Good grief, h
she no pride?" On the othe
the new puritans applaude
"Good, she has no vanity."
The controversy over M
Bush's appearance is le
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ural First Lady to t
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Cher, where do we want
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If most of
seem to ha
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deep . . . but you'd better lo

GOING FOR MORE GLAMOUR

A long tunic in face-flattering fuchsia over a slim black skirt would narrow her torso. Shoulder pads balance wide hips. She needs a high, round neck to conceal an age-spotted décolletage. One strand of pearls is more delicate, wouldn't draw attention to her neck.

HOW GOOD SHOULD YOU LOOK?



; good as you can. Hence, e endless exhortations to unt our calories, color our air, wrap our nails, tone our uscles, lift our lids and tuck ur tummies.

To the novelist and social storian Alison Lurie, the no-lls approach to beauty tak- by the sixty-four-year-old rst Lady is an intelligent one. der appearance doesn't say, on't take care of yourself'; it ys there's no need to try to ok forty and eigh one hun-ed pounds," ob-rves Lurie. "And think that's a althy attitude, be-use even with l the new tech-ology, you can't rn a leopard to a poodle."

Yet millions of merican women e going to great ngths and expense try to change their pots": Industry ana-sts estimate that in 87, more than half billion dollars was ent on prod-cts that promise moisturize your in, remove your rinkles and even ut your complexion ne; it's estimated that similar amount was ent on haircoloring. In 86, the most recent year for hich national statistics were ailable, almost 600,000 rely aesthetic plastic sur-ery procedures were per-rmed, nearly 90 percent on omen, according to the merican Society of Plastic nd Reconstructive Surgeons. nat marked an increase of most *(continued on page 190)*

WILL THE WORLD BE

A special LHJ roundtabl on the environmer

BY MARY MOHLER AND MARGERY D. ROS



HERE FOR OUR KIDS?

ecause of our indifference environmental issues, any experts believe we ice a bleak future. Can e do anything about it? ur panel of experts says es—and tells you how.

or years environmental-ts urged us to conserve ur natural resources, to nd safer ways of pro-ucing energy, to clean up our factories, to recycle our garbage. If we didn't, they warned, the earth as we know it would not be here for our children.

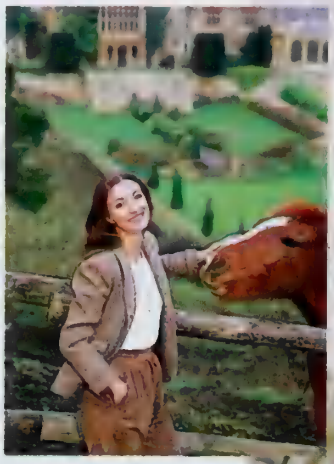
For the most part, we ignored them. Until the summer of '88.

Last year it was impossible to ignore the scorching heat waves and droughts, the forest fires in our national parks, the medical waste and raw sewage that washed up on beaches where our children should have been playing. Suddenly, the environment wasn't just something a bunch of scientists or aging hippies worried about. It was front-page news across the country, and we were all trying to fathom the mysteries of environmental chemistry, meteorology and politics.

We grew alarmed, for instance, about the **greenhouse effect**, the general global warming caused by the buildup of carbon dioxide (CO_2) and other gases in the atmosphere. We heard about *(continued on page 185)*



JANE SEYMOUR



The queen of the mini-series recalls the rigors of filming "War and Remembrance" and the joy of escaping with her family to their romantic English estate

It looks like a scene from a Jane Seymour mini-series. Take one: The elegant Englishwoman bursts into the oak-paneled library of her medieval castle, her arms full of packages from a recent shopping spree. Dressed in a flowing velvet skirt, embroidered sweater and brown riding boots, she has a distinctly regal air. As she curls up on the chintz sofa before the roaring fireplace, she glances out toward the stables, where her husband and children, who have just jetted in from California, are saddling up the ponies for a ride. The camera zooms in as the lovely lady smiles contentedly, perhaps thinking of poor Princess Diana making do in that crowded little palace of hers in London.

Fade out . . . that's a wrap.

In truth, these aren't pages from some Hollywood script *(continued)*

Come inside her country palace, where Jane plays the role she loves best: Mom to Sean and Katie

A FAIRY-TALE LIFE



BY
CHRISTINE
SUTHERLAND

JANE SEYMOUR



A FAIRY-TALE LIFE

(continued) but a vignette from Jane Seymour's real life. After appearing in fourteen mini-series in as many years—including the $104 million *War and Remembrance*, which concludes May 14 on ABC—this not-so-plain Jane bears more than a passing resemblance to one of the rags-to-riches heroines she often portrays.

Thanks to the television success that has earned her the title of Queen of the Minis, Jane's days as a starving actress are far behind her. When she's not living in her California home, she resides here in St. Catherine's Court—a twelfth-century estate in the heart of the English countryside near the royal spa town of Bath. Spread across fifteen lush acres, the little fiefdom contains a thirty-four-room manor house, two three-bedroom cottages, two fish ponds and an active church. The mansion's leaded windows date from the thirteenth century, and the kitchen was once part of a monastery.

"There's a magic about this house," Jane says, snuggling deeper into the overstuffed sofa. "Maybe it's the feeling that everything has been here for centuries. This is the place I love most in the world."

It's easy to see why. The main dining room is paneled in Elizabethan oak; meals there are served by candlelight on pewter plates. A plant-filled orangery doubles as a summer eating area. The all-white sitting room is a favorite of Jane's; it was here that she wrote her 1986 book, *Jane Seymour's Guide to Romantic Living*.

Jane's love of luxury is especially evident in her bedroom. It has pale apricot walls and a huge four-poster bed with the date 1669 carved on the headboard. The bathroom is painted the palest pink with a pleated satin ceiling.

Though she's the mother of two perfectly normal—in other words, rambunctious—children (Katie, seven, and Sean, nearly four), Jane has committed the ultimate act of indulgence by covering much of her floor space with pristine white carpet.

And yet the chatelaine of the castle insists the reason she loves her English home is that it allows her to live simply. "I like to walk around in jeans, with my hair up," Jane says. "I have time to do things like cooking or going for long rambling walks."

As fate would have it, a mini-series was responsible for her finding the estate. Jane was filming the British TV production of *Jamaica Inn* at St. Catherine's Court in 1982 and immediately fell in love with the place. Discovering it was for sale, she and her husband, David Flynn, bought it. The money came from her work in TV, and from her husband's job as a financial consultant. His clients include Warren Beatty and Goldie Hawn (he represents Jane as well).

The run-down house was in desperate need of modernization—it didn't even have central heating—so Jane and her husband were able to buy their "handyman's special" castle for an estimated $400,000. They recouped part of the refurbishing costs from tax breaks—the castle is listed as a historical building—and by renting it as a set for movies and, of course, mini-series.

Seymour was not quite to the manor manner born. The former Joyce Penelope Wilhelmina Frankenberg was the child of a British obstetrician/gynecologist and his Dutch wife, and grew up wanting to be a professional ballerina. When a knee injury ended that dream, she took up acting instead, performing in British theater and television. But it was her role as the sexy Solitaire in the James Bond adventure *Live and Let Die* that won her widespread notice. Fearing she'd forever be typecast as a brainless Bond girl in Britain, Jane moved to Hollywood in 1976. She was allowed to leave England with only $600, and that quickly dwindled to near nothing when she couldn't find work.



Going formal: the gardens at St. Catherine's Court (above); Jane and her third husband, business manager David Flynn

Just before she was *(continued)*

Photo, Peter Kredensee; hair, Vicky Newman; makeup, Arriane Poole; styling, Suzenna Martin.

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Jane's parents also enjoy her estate: with Dad, John Frankenberg, in the library, and taking tea with her mom, Mieke

A FAIRY-TALE LIFE

(continued) scheduled to return to England, Jane spent her last few dollars on a new hairstyle for an audition for the mini-series *Captains and the Kings*. She lost the job because she had no work permit, but after getting a temporary visa, she was recast in *Captains* in a role that won her an Emmy nomination. "It was like a fairy tale," she recalls.

Certainly, she's living happily ever after. These days, when they're not soaking up the good life in Bath, Jane and David make their home in Montecito, a quiet section of Santa Barbara. Although their California house isn't as steeped in history as their English digs, it's princely in its own way, with flourishing orange and avocado groves, a tennis court, swimming pool, a stableful of horses and a white Jaguar in the garage.

Of course, palatial homes aren't the only things to come of Jane's TV work. She won an Emmy last year for playing Maria Callas in *Onassis: The Richest Man in the World*. But she has yet to break out of the mini-series mold. Though she made a number of theatrical films earlier in her career (including *Somewhere in Time*, with Christopher Reeve), she has never made it big in movies. Being Queen of the Minis has made her one of today's most successful actresses, but so far, it has kept her from being one of the most important.



"People in film are afraid of television, so it's quite possible I've been turned down by some directors because of my television image," she says. "But if Vanessa Redgrave or Sir John Gielgud can do both, why can't I?"

To prove she can, she's leaving the small screen for a while to concentrate on films. Two projects have been completed: *The Tunnel*, based on an Argentinian novel of obsessive love, and *Keys to Freedom*, with Omar Sharif, in which she stars as a British surgeon in Hong Kong. After that comes a $30 million drama, *The French Revolution*, in which Jane plays Marie Antoinette.

Yet her most memorable role for a while will undoubtedly be that of Natalie Jastrow, the heroine of *War and Remembrance*, the mega-mini set during the Holocaust. For Jane, who is half Jewish, the series was more than an acting job—it was a profoundly moving experience.

"Part of the film is really my story," she says. "Had fate put me in Natalie's place, Hitler would have sent me to the gas chambers. Obviously, I never went through what she did, but I've come as close as anyone could."

It was a grueling nine-month shoot, partly filmed in the Auschwitz death camp in Poland. Working in below-freezing weather, Jane lost fifteen pounds and came down with pneumonia. But the program's greatest impact on her was psychological. To this day, nearly three years later, Jane still becomes visibly moved when she remembers working with the extras, many of them survivors of Auschwitz.

"It was the most disturbing experience I have ever been through." She pauses, and her smooth face suddenly looks older. "I shall never forget one afternoon when we were all sitting in the canteen, made out of a box car, while some particularly horrible scene was being filmed outside. And a former inmate came in from finishing the scene, took one look at us—and cried uncontrollably for hours."

Jane breaks off and stares out the window of her library. For a moment she is silent, finding peace in the rolling hills and box hedges where her children, having finished their pony rides, are now playing in the fading sunshine. "You know, I love being here," she says suddenly, "because I don't have to be Jane Seymour, actress. When I come home, it's just 'Mummy.' And I never forget that I'm David's wife. He and the children come before everything."

Jane and David met nine years ago, when she became his client. The business relationship soon turned into a personal one. Jane was cautious, though; she had already been through two short-lived marriages—to director Michael Attenborough and businessman Geoffrey "Geep" Planer. "At first, I resisted getting involved with David," she admits. "But he fascinated me, and I fell in love with him in spite of myself." *(continued on page 194)*

Photo, Peter Kredenser; hair, Vicky Newman; makeup, Arriane Poole; styling, Suzenna Martin.


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bronze Way to glow! Get golden with sexy, sunny shades like spicy cinnamon and ginger, shiny copper, and earthy sienna—they warm every complexion beautifully without those risky rays

Give yourself the Midas touch with a light application of tinted moisturizer and a flush of honey-bronze blush. Try a glimmer of shimmer to highlight show-off features such as browbones, shoulders, décolletage—use on smooth areas only. Avoid a monotone look by pairing down-to-earth browns with a contrasting kick of shiny gold or burnished orange. Team tawny makeup with desert-hued clothing—we love sun-bleached and burnished cottons, natural leathers—and ethnic or gold jewelry.

Still-life photos, Tohru Nakamura. Other photos, Eico Siupakoff. All hair and makeup, Alfonso Noe for Cloutier. Model, Claire Hoak of Click; tank and cardigan, Donna Karan; hoops, Kim Craftsman. Makeup details, page 184.



shades OF SUMMER

Makeup news? A paintbox of hues! Face the season with a palette of golds, bolds and hints of neutral tints.

By Lois Joy Johnson
Beauty and Fashion Editor



bright A riot of richness to rival the high spirits of the season. Why not experiment with the unexpected? If you normally revel in red lips, dare to wear powy pink, fiery fuchsia or outrageous orange!

Love intense tints? Focus on just one feature—eyes or *lips— and play down rest of face. Application should be sheer, blended. Even showy saffron and purple shadows can be dusted down for a subtle but standout effect. For a modern look, don't match lips and nails, but do keep shades in the same color family. Wear hotshot colors with tailored fashions, trendy brights or tropical florals. In a hurry? Vivid lipstick plus dark sunglasses equals the speediest summer makeup routine!*



shades OF SUMMER

Energize your style instantly with a jolt of high-power color



barely-there The new neutrals—nude pinks, dusty mauves, gray-infused blues, muted greens —are upgraded pastels with enough color power for you to be as creative or conservative as you please

Pretty, whisper-soft shades definitely say summer. How to make these hushed hues work for you: Mix, don't match. Play a cool violet eyeshadow against a warm, rosy-beige lipstick, or vice-versa. Or sweep on one-color eyes, lips and nails without going monotone. For instance, try apricot on eyes, coral on lips and sheer shrimp on nails. Dusty, romantic shades just happen to be a perfect backdrop for the season's light-as-air washed silks, floaty chiffon and georgette or feminine linen looks.

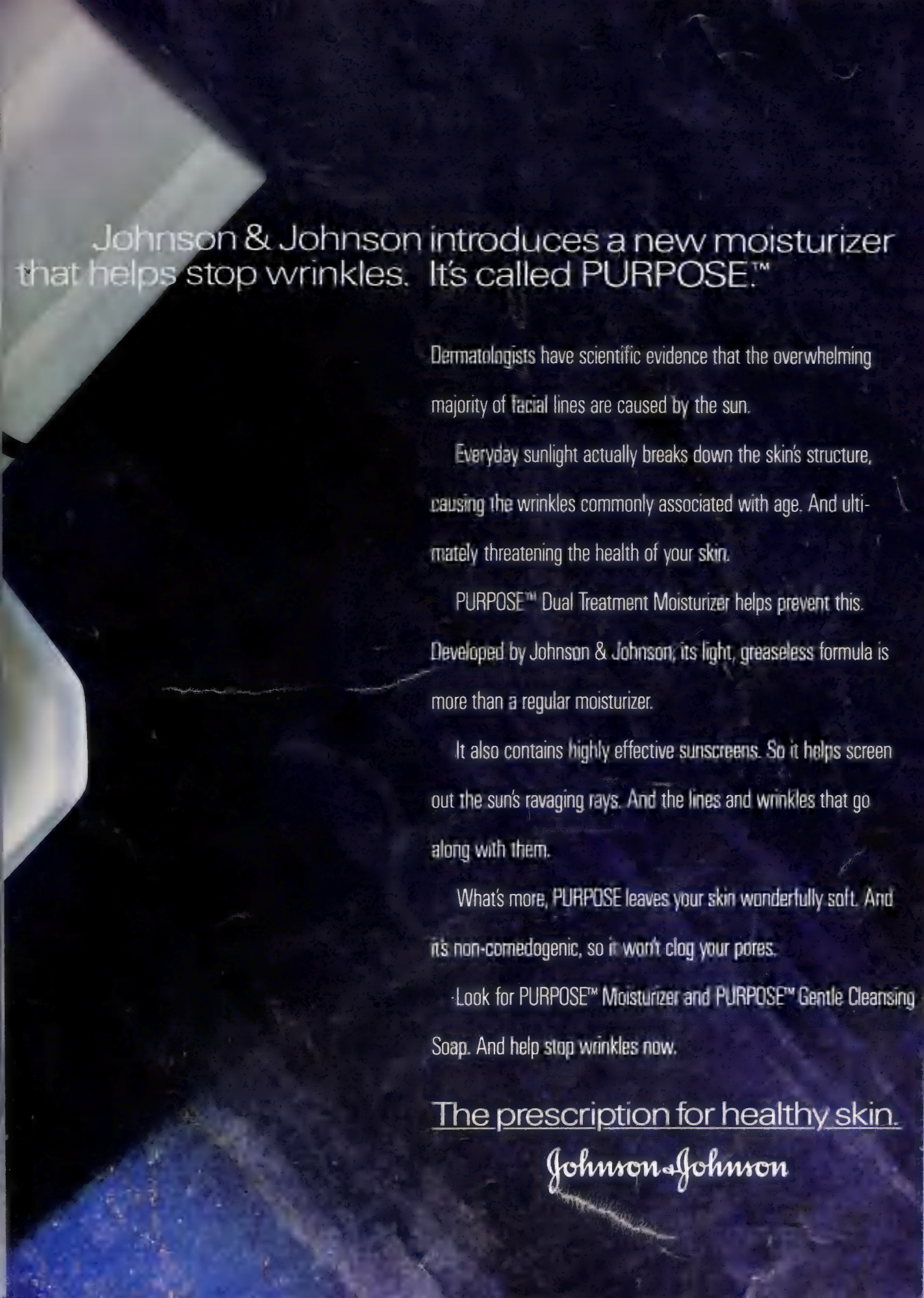

shades OF SUMMER
A natural, no-makeup look is really a blend of subdued hues

PURPOSE™

Dual Treatment Moisturizer

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Johnson & Johnson introduces a new moisturizer that helps stop wrinkles. It's called PURPOSE.™
Dermatologists have scientific evidence that the overwhelming majority of facial lines are caused by the sun.
Everyday sunlight actually breaks down the skin's structure, causing the wrinkles commonly associated with age. And ultimately threatening the health of your skin.
PURPOSE™ Dual Treatment Moisturizer helps prevent this. Developed by Johnson & Johnson, its light, greaseless formula is more than a regular moisturizer.
It also contains highly effective sunscreens. So it helps screen out the sun's ravaging rays. And the lines and wrinkles that go along with them.
What's more, PURPOSE leaves your skin wonderfully soft. And it's non-comedogenic, so it won't clog your pores.
Look for PURPOSE™ Moisturizer and PURPOSE™ Gentle Cleansing Soap. And help stop wrinkles now.
The prescription for healthy skin.
Johnson & Johnson

We uncovered the best body-flattering fashions chock-full of slimming strategies

"I don't want to look fat"

SWIMSUIT SOLUTIONS



Top row, from left: **GO RETRO** A skirted maillot hides below-the waist and draping carve out curves **COMFORT IS KEY** Try Spandex left: **MADE IN THE SHADE** The black panel is a belly buster **ADD Z** wide scoop neck to strengthen shoulders **SHARP SUITER** Purpl

So it's finally time to have fun in the sun, and you just can't bare it? Well, you're not alone. We asked real women to model for this story, and every one thought she would look fat in a swimsuit—whether she was a few pounds overweight, premenstrual or just out of shape. In truth, none of the women was seriously heavy, and we thought with the right suit they'd look great. The best suits on the market today are designed to subtly disguise what you don't like, play up what you do—and guess what! There's not a boring black tank in the bunch! So take the plunge with these body-starring suits. You'll sizzle on the shore!



All photos, Nesti Mendoza; all hair and makeup, Philippe Becker for Timothy Priano, Inc. Top row, from left: Pink-and-black suit and cap, Randolph Duke; goggles, Speedo. Two-Polka-dot suit, Sun Blush. Bottom row from left: Chartreuse-and-black suit, Too Hot Brazil. Fuchsia-and-black polka-dot suit, La Blanca; tote, Axcess at The Limited. Red suit,



waist woes **SUN SET** The saronglike bottom belittles your middle **IN THE SWIM** Checkerboard insets narrow hips **SHAPED TO DRAPE** A contoured boosted pucker fabric for pinchless fit **HOT FOR DOTS** Polka dots are trendy! This suit also has a bosom-beautifying underwire bra. Bottom row, from Another dotty choice, with the focus on a newsy front zipper **X MARKS THE SPOT** Crisscross draping fudges flab **ALL DAY-GLO** This tank sports a bands slice legline to slim thighs **ORANGE AID** This eye-popping juicy-fruit suit features the new modified high-cut legs that lengthen gams.



piece suit, Randolph Duke; shoes, Xavier Danaud. Yellow suit, cap and goggles, Speedo. Purple suit, Donna Karan. Pink suit, La Blanca; knapsack, Tony Bryant Designs. Anne Klein; scarf, John Jacobus. Green suit, Speedo. Green-and-purple suit, Gottex; scarf, Debra Moises. Orange suit, J. Crew; tote, Axcess at The Limited. Details, page 185.

"Please hide my thighs"



SHORTS SOLUTIONS

Top row, from left: **THIS BUD'S FOR YOU** Florals are in, especially blooming **MAGIC** Black walking shorts are essential—these have an easy elastic waist from left: **EASY RIDER** Bicycle shorts are another hot item—navy stripes thin under control **A PLUM ROLE** Shorts as cozy as cropped sweatpants slide

Okay, you swore you'd do two hundred leg lifts a day so your thighs would be sculpted this summer . . . No matter—the shorts you'll want to set your sights on this season are the most figure-flattering, comfiest pairs we've ever seen! Designers are catering to curvier bodies and are turning out full-cut, tailored walking shorts with office-going appeal as well as cotton knit and bicycle shorts for weekend ease. Who wears short shorts? No one! A few shorts tips to count on: ■ Pair with flats, strappy sandals or sneaks, *never* heels. ■ Thigh-thinning details include the new knee-grazing length, full-as-a-skirt cut and lightweight fabrics that won't add bulk.



Top row, from left: Outfit, Adrienne Vittadini; shoes, Keds. Jumpshorts, Go Silk for L'Zinger Int'l.; tote, The Limited; shoes, 9 West. Shorts, Joan Vass, U.S.A.; blouse, Andre Van Marithe & Francois Girbaud; hat, Madcaps; tote, The Limited; shoes, Pierre Rojay for Saga House. Shorts and top, Joan Vass, U.S.A.; hat, J. Crew; shoes, Unisa. Shorts and jacket, Liz







on extra-full-cut shorts **JAUNTY JUMPSHORTS** One of the newest styles—because there's no top to tuck in, there's no below-the-belt bulk **BLACK LEISURE SUIT** A long jacket skims over problem spots **CAPRI-CIOUS** Long shorts, short pants? Capris are chic, offer lengthy coverage. Bottom row, thighs at widest spot **KNIT WIT** Cotton knit means no-cling fit **WORK WORTHY** As polished as a real suit, this streamlined shortsuit keeps curves effortlessly over thighs **CHECKS, PLEASE** Man-tailored and cuffed right above the knee, these shorts are one of the roomiest pairs around.







Pier; shoes, J. Crew; sneakers, Keds. Shorts and jacket, The Limited; shoes, 9 West. Capris, Charlotte Neuville; top, Benetton; shoes, Joan and David. Bottom row, from left: Outfit, Claiborne Collection; top and shoes, J. Crew. Shorts and top, Joan Vass, U.S.A.; shoes, Pierre Rojay for Saga House. Shorts and shirt, Benetton; shoes, Keds. Details, page 185.

"Is there help for my hips?"

PANTS SOLUTIONS





Top row, from left: **AM I BLUE?** Not at all! Blue and white's the match of th Sweetly striped, ultrawide slacks float over not-so-hot spots **SEA SLICK** Nautica pj's. Bottom row, from left: **STREET CHIC** Color counts this season—top brigh **THE SHORE THING** A beach-bound basic teamed with a long tee **CHECKMA**

Suddenly slacks are everywhere, and we couldn't be more pleased! For cool summer days and eves there's a great variety of in-vogue trouser choices—the newest notion being super-wide pants in lightweight fabrics. As long as you define your waist, wide pants can hide a multitude of sins. Also noteworthy: Jumpsuits (a rave in navy), cropped pants, menswear pleated pairs. Prints charming? Stripes and checks can't be beat. When purchasing pants, remember to: ■ Examine construction carefully. ■ Keep proportions in mind—narrow pants need the coverage of a long jacket, wide-legs should be balanced with a spare top. ■ Avoid bulky flap pockets.





Top row, from left: Pants, Please Thank You; top, Dress; hat, Whittall and Shon; bag and scarf, J. Crew; shoes, Keds. Pants, Benetton; blouse, Mexx; shoes, Keds. Pants, Vanda Bottom row, from left: Pants, Benetton; jacket, Vanda Mazzeo; bag, Mexx; shoes, Keds. Outfit, Donna Karan; shoes, J. Crew. Pants, Nancy Heller; top, J. Crew; shoes, Pierre Rojay for







moment, and an elastic-backed waistband makes these slip over hips **CROP REPORT** Front pleats are clever concealers **A LINE WORTH FALLING FOR** inspired jumpsuit with darling details creates a sleek silhouette **THE PAJAMA GAME** Pull-on silk pants and long matching cardigan are as comfy as leggings with a long, bold, hip-hiding jacket **DRESSED TO THRILL** Palazzo pants are perfect for P.M. paired with an untucked shoulder-exposing halter Menswear trousers are fuller-cut than usual **FLARE TO SPARE** Super-wide and cropped at mid-calf, this breezy pair offers skirtlike camouflage.







Mazzeo; top, Sun Blush; shoes, Robert Clergerie. Jumpsuit, Randolph Duke; shoes, Keds. Silk pants and top, Go Silk For L'Zinger Int'l.; cardigan, Go Silk Men; shoes, J. Crew. Saga House; knapsack, Tony Bryant Designs. Pants, Benetton; top, Alain Manoukian; shoes, Keds. Pants, Lizsport by Liz Claiborne; top, J. Crew; shoes, Keds. Details, page 185.


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LADIES' HOME JOURNAL
TRIPLE-TESTED RECIPES







JUNE

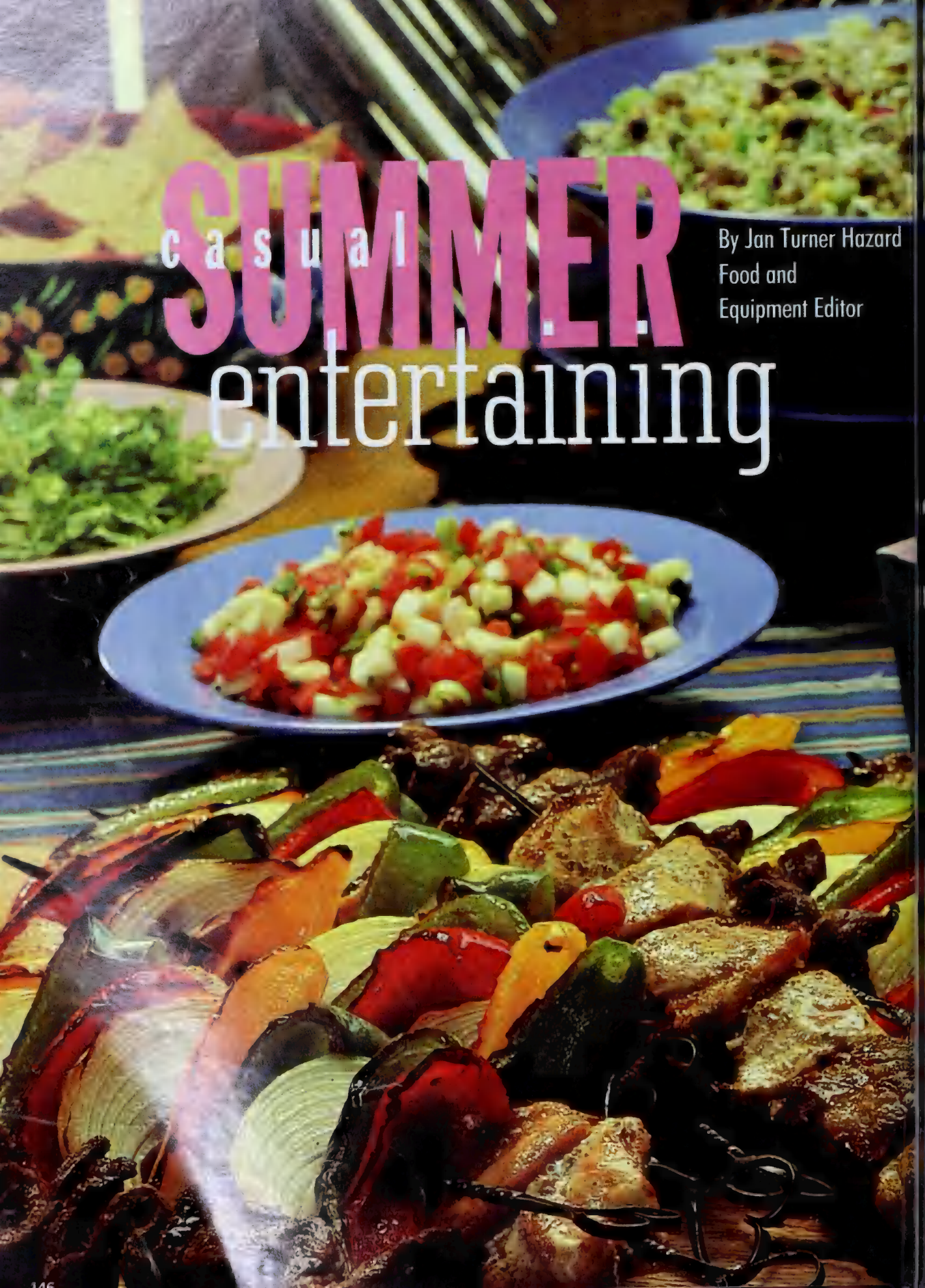
Three cheers for the best time of the year! School's out, the beach beckons, and we've created recipes as delicious and easy as a summer breeze

FOOD JOURNAL



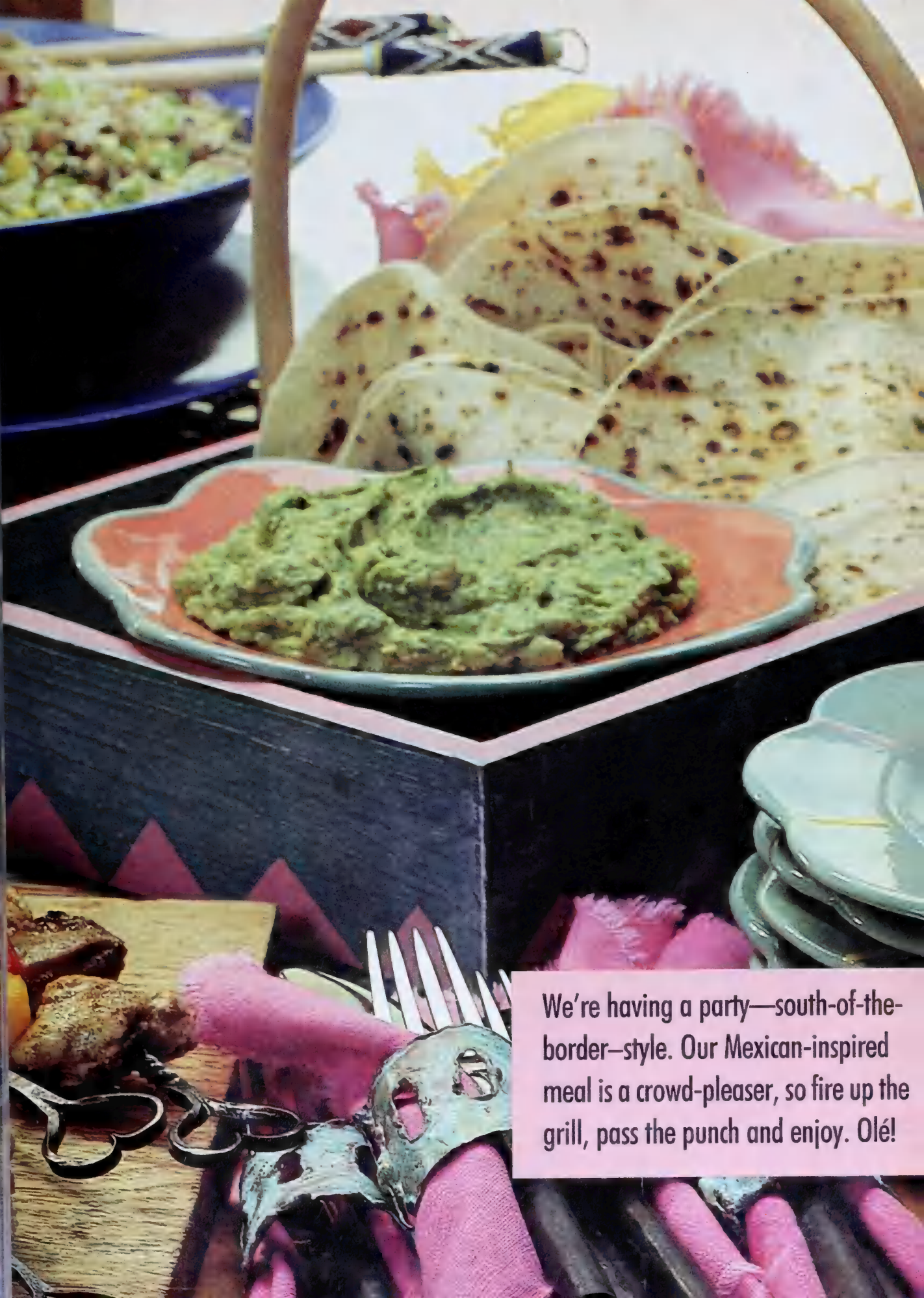
Summertime . . . long, livin'-is-easy days, star-spangled nights—we know the last thing on your mind is what to whip up for supper. That's why we tossed together our **SALAD DAYS** cookbook—a mélange of light, luscious, in-minutes entrées. Another June joy? The sheer warmth of lingering over a memorable meal with friends and family. For that special dinner—to celebrate a graduation or an engagement or just for the fun of it—count on our **SUMMER ENTERTAINING** menus. One casual, the other elegant—both are dinner-party perfect. What's the ultimate warm-weather dessert? **IT'S THE BERRIES!** . . . utterly irresistible in our bountiful finales. Those lazy, hazy, crazy days of summer are here at last. . . hurray!





casual SUMMER entertaining

By Jan Turner Hazard
Food and
Equipment Editor



We're having a party—south-of-the-border–style. Our Mexican-inspired meal is a crowd-pleaser, so fire up the grill, pass the punch and enjoy. Olé!

Easy · Challenging · Moderate · Ⓜ Microwave

MENU FOR TWELVE

Tequila Sunrise Punch
Jicama with Chili Dip
Microwave Cheese Chorizo Dip
Grilled Tex-Mex Chicken and Beef Kabobs
Garden Salsa
Spiced Avocado
Black-Eyed Pea and Rice Salad
Mexican Trifle

TEQUILA SUNRISE PUNCH



Grenadine is added to a simple syrup, then frozen in ice-cube trays. As they melt in the punch, the colors blend for a sunrise effect. Have chilled seltzer on hand for mixing—the color is not the only thing intense about this punch.

Total prep time: 10 minutes ○

- 1⅓ cups sugar
- 1 cup water
- ¼ cup grenadine syrup
- 2 bottles (750 ml) dry white wine, chilled
- 1 cup tequila
- ½ cup orange-flavored liqueur
- ½ cup fresh orange juice
- ½ cup fresh lime juice
- 1 orange, sliced thin
- 2 limes, sliced thin
- Chilled seltzer (optional)

Heat sugar and water in medium saucepan over medium-high heat until sugar dissolves. Pour ⅔ cup sugar syrup into 1-quart glass measure. Add grenadine and enough water to equal 1 quart. Pour into 2 ice cube trays and freeze.

Mix remaining syrup, the wine and tequila, liqueur, and orange and lime juices in large pitcher or punch bowl. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Just before serving, stir in grenadine ice cubes and orange and lime slices. Serve with seltzer. Makes 12 servings.

Nutrition info per serving: 270 calories, 0 gm protein, 0 gm fat, 34 gm carbohydrates, 7 mg sodium, 0 mg cholesterol.

JICAMA WITH CHILI DIP



Toasting the chili powder mellows the raw, burning taste. Any leftover chili salt keeps indefinitely.

Total prep time: 10 minutes ○

- 2 tablespoons chili powder
- 1 tablespoon salt
- 3 tablespoons fresh lemon juice
- 2 large or 4 small jicamas

Place chili powder in small skillet. Toast, stirring constantly, over medium heat until fragrant, about 1 minute. Stir in salt, then transfer to tiny serving bowl or saucer.

Mix lemon juice into large bowl of cold water. Peel jicama, cut into thin sticks or wedges and drop into water. To serve, drain jicama, pat dry on paper towels and arrange on plate. Serve with chili mixture for dipping. Makes 12 servings.

Nutrition info per serving: 35 calories, 1 gm protein, 0 gm fat, 8 gm carbohydrates, 566 mg sodium, 0 mg cholesterol.

MICROWAVE CHEESE CHORIZO DIP



This three-ingredient dip is so quick and delicious you'll serve it at every cocktail party. Make two batches to serve twelve.

Prep time: 10 minutes ○Ⓜ
Microwave time: 6 to 8 minutes

- 1 chorizo sausage, minced
- 1 pound Monterey jack cheese, shredded
- 1 can (4 oz.) chopped green chilies, drained
- Tortilla chips

Spread chorizo between paper towels on microwaveproof plate. Microwave on High until browned and crisp, about 3 minutes.

Combine chorizo, cheese and chilies in mixing bowl. Transfer to shallow 3-cup microwaveproof serving dish. Cover with plastic wrap, turning back one corner to vent. Microwave on Medium (50% power) until cheese is thoroughly melted, 6 to 8 minutes. Stir quick and serve warm with tortilla chi Makes 6 servings.

Nutrition info per serving: 305 calories, 20 protein, 24 gm fat, 2 gm carbohydrates, 550 sodium, 71 mg cholesterol.

GRILLED TEX-MEX CHICKEN AND BEEF KABOB



To get everything to the table on tin grill the vegetables first, then the chic en and last the beef. Keep cooked ske ers warm on a serving platter cover with foil while finishing the others.

Prep time: 40 minutes plus marinating
Cooking time: 40 minutes

Marinade

- ⅔ cup olive oil
- ½ cup fresh lime juice
- 2 tablespoons minced garlic
- 4 teaspoons ground cumin
- 4 teaspoons ground coriander
- ½ teaspoon ground allspice
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper

- 4 whole boneless, skinless chicken breasts (about 2 lb.), split and cut into 2-inch pieces
- 12 boneless, skinless chicken thighs (about 2½ lb.), halved
- 1 large flank steak (2½-3 lb.), cut crosswis into ½-inch-thick strips
- 4 medium onions, cut into 8 wedges each
- 6 large peppers (2 *each* yellow, red and green), stemmed, seeded and cut into wedges each
- 24 flour tortillas
- ½ head romaine lettuce, shredded

Marinade: Whisk all ingredients gether in mixing bowl.

Combine chicken breasts and thi in shallow glass dish. Add ⅔ cup ma nade and toss to coat. Coat steak w remaining marinade in another sh low dish. Cover and let marinate hour at room temperature. *(Can made ahead. Cover and refrigerate to 24 hours.)*

Prepare grill. Loosely thread chi en pieces on long metal skewe Loosely thread beef on skewers, onions and peppers alternately more skewers. Arrange as many sk ers as will fit on rack about 3 inc from heat. Grill vegetables, turn every 5 minutes, until evenly brow and tender, about 20 minutes. Tra fer to platter and cover with foil wh grilling remaining kabobs. *(continu*

Taste the Impossible.

If you think your busy life makes great homemade dishes impossible, think again. Introducing Hunt's Minute Gourmet® microwave add-meat dinners complete with microwave cooking bag, seasonings, and a rich homestyle sauce filled with all the good things you'd put in. Here's how to get the great taste of homemade without the work.



Put your fresh, uncooked meat in the microwave cooking bag, add Hunt's seasoning mix and cook three minutes.* *(Most varieties can be made with fresh chicken, beef, pork or shrimp.)*



Add Hunt's rich homestyle sauce and simmer seven more minutes* in the microwave.



Then serve and throw the bag away. No mess, no clean-up. Makes four delicious servings.

Homemade Dinners, without the work.

Grill chicken, turning every 5 minutes, until cooked through at center, about 15 minutes. Grill steak, turning halfway through, 5 to 7 minutes for medium-rare.

Just before serving, grill tortillas until toasted. Serve kabobs with Garden Salsa and Spiced Avocado (recipes follow), grilled flour tortillas, and shredded romaine lettuce. Makes 12 servings.

Nutrition info per serving: 645 calories, 57 gm protein, 31 gm fat, 33 gm carbohydrates, 473 mg sodium, 162 mg cholesterol.

GARDEN SALSA



When chopping fresh jalapeños or any other fresh chilies, be sure to wear plastic gloves or plastic sandwich bags to protect your hands from the "heat."

Total prep time: 20 minutes

- 8 large plum tomatoes, diced fine
- 1 large cucumber, peeled, seeded and diced
- ¾ cup chopped green onions
- 1 tablespoon minced seeded jalapeño chili
- 1½ teaspoons minced garlic
- ¾ teaspoon salt

Combine all ingredients in mixing bowl. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Makes about 6 cups.

Nutrition info per serving: 12 calories, 1 gm protein, 0 gm fat, 3 gm carbohydrates, 142 mg sodium, 0 mg cholesterol.

SPICED AVOCADO



This is peak avocado season, so prices should be good. Ripe avocados yield gently when squeezed. Buy them two to five days in advance to make sure they're good and ripe when you need them.

Total prep time: 25 minutes

- 6 ripe avocados
- ⅔ cup chopped fresh cilantro
- ¼ cup fresh lime juice
- 2 tablespoons olive oil
- ½ teaspoon salt
- ¼ teaspoon ground cumin
- ¼ teaspoon ground red pepper

Cut avocados in half and remove pits. Scoop out flesh with soup spoon. Mash flesh of 4 avocados with fork and dice the remaining 2. Stir mashed and diced avocados with remaining ingredients in mixing bowl until nearly smooth. *(Can be made ahead. Cover surface directly with plastic wrap. Refrigerate up to 2 hours.)* Makes 5 cups.

Nutrition info per serving: 220 calories, 2 gm protein, 21 gm fat, 10 gm carbohydrates, 122 mg sodium, 0 mg cholesterol.

BLACK-EYED PEA AND RICE SALAD



Adding the peas and rice to the dressing while warm makes the flavor penetrate better.

Total prep time: 40 minutes

- 2 packages (10 oz. each) frozen black-eyed peas
- 1½ cups long-grain rice
- ¼ cup cider vinegar
- 1 teaspoon ground cumin
- 1 teaspoon minced garlic
- 1½ teaspoons salt
- 1 teaspoon freshly ground pepper
- ⅓ cup olive oil
- 2 cups chopped celery
- 1 package (10 oz.) frozen whole kernel corn, thawed
- ½ cup finely chopped red onion
- ½ cup chopped fresh cilantro
- ¼ cup minced seeded jalapeño chilies

Cook black-eyed peas 20 minutes in a large pot of boiling salted water; drain. Cook rice according to package directions; rinse in sieve under warm water and drain.

Meanwhile, whisk vinegar, cumin, garlic, salt and pepper together in large bowl. Gradually whisk in oil. Add warm peas and rice and toss to coat. Add remaining ingredients and toss well. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Makes 12 servings.

Nutrition info per serving: 230 calories, 7 gm protein, 7 gm fat, 37 gm carbohydrates, 298 mg sodium, 0 mg cholesterol.

MEXICAN TRIFLE



Vanilla and chocolate custards are layered with coffee-soaked ladyfingers for a memorable do-ahead dessert.

Total prep time: 45 minutes

- ¾ cup plus 2 tablespoons sugar
- 6 tablespoons cornstarch
- ¼ teaspoon salt
- 1 quart milk
- 3 large egg yolks, lightly beaten
- 2 tablespoons butter or margarine
- 1 teaspoon vanilla extract
- 2 ounces (2 squares) semisweet chocolate, chopped coarse
- 1 ounce (1 square) unsweetened chocolate, chopped coarse
- ⅛ teaspoon cinnamon
- 1 cup brewed espresso
- ½ cup coffee-flavored liqueur
- 2 packages (3 oz. each) ladyfingers
- 1 cup heavy or whipping cream
- 2 tablespoons grated semisweet chocolate
- 2 tablespoons sliced almonds, toasted

Mix ¾ cup sugar, the cornstarch an salt in large saucepan. Gradually ad milk, stirring until smooth. Bring t boil over medium heat, stirring cor stantly, and boil 2 minutes. Remov from heat. Whisk 1 cup milk mixtur into egg yolks, then whisk back int remaining milk mixture. Cook, sti ring constantly, 1 minute. (Do no boil.) Remove from heat. Stir in bu ter and vanilla.

Add 2 cups hot custard to choppe chocolate and the cinnamon in medi um bowl and whisk until smooth. Cov er and cool both chocolate and vanill custards 10 minutes.

Mix espresso and liqueur in sma bowl. Spread ladyfingers on cooki sheet and drizzle with espresso mix ture. Let stand 5 minutes.

Arrange one third of the ladyfinger in 2-quart glass bowl and spoon vani la custard over top. Add another laye of ladyfingers and top with chocolat custard. Arrange remaining ladyfin gers on top. Refrigerate at least hours or up to 24 hours.

Beat cream in mixer bowl until so peaks form. Add remaining 2 table spoons sugar and beat until stiff. Pip whipped cream over trifle; garnis with shaved chocolate and toasted a monds. Makes 12 servings.

Nutrition info per serving: 350 calories, 6 gm pro tein, 18 gm fat, 39 gm carbohydrates, 125 mg sod um, 162 mg cholesterol.

TURN OVER A NEW LEAF



With *Del Monte*® Vegetables, there's something new every meal. Try the quick and easy recipe below. It could be the start of a whole new approach to menu planning.

QUICK SPINACH MEDLEY

1 can (15 oz.) *Del Monte*® Whole Leaf Spinach
3 slices bacon
1 onion, cut in chunks
1 can (16 oz.) *Del Monte*® Whole New Potatoes, drained and quartered
½ tsp. marjoram
¼ tsp. thyme

Drain spinach well, pressing out excess liquid. Cook bacon in skillet. Remove bacon; set aside. Sauté onion and potatoes in drippings. Stir in marjoram, thyme and spinach; heat through. Crumble bacon; sprinkle over top. 4 to 6 servings.

WE GROW VARIETY Del Monte

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entertaining



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ELEGANT ENTERTAINING
continued

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MENU FOR TWELVE
Gravlax
Watercress Soup
Herbed Pork Loin
Garlic Potato Rosettes
Mixed Spring Vegetables
Tropical Mousse
Ginger Lace Cookies

GRAVLAX



This must be made at least two days ahead. The salmon "cooks" in the refrigerator with the help of a curing rub of salt, sugar, dill and gin.

Prep time: 20 minutes plus marinating

- 2 same-size pieces salmon fillet with skin (about 2½ lb.)
- ¼ cup salt
- ¼ cup sugar
- 2 tablespoons ground white pepper
- 1 tablespoon crushed juniper berries
- 1 large bunch fresh dill, trimmed
- 3 tablespoons gin

Mustard Dill Sauce

- 1½ teaspoons dry mustard
- 1 tablespoon gin
- 1 cup mayonnaise
- ¼ cup chopped fresh dill
- 2 tablespoons Dijon mustard
- 1 tablespoon fresh lemon juice

Small dill sprigs, for garnish
Toast triangles, for serving

Rinse salmon under running cold water and pat dry. Mix salt, sugar, pepper and juniper berries; rub generously into skin of 1 piece salmon. Place skin side down in shallow dish. Sprinkle with some more salt mixture, top with dill and sprinkle with gin. Top with second piece salmon, skin side up. Rub skin with remaining salt mixture. Cover with plastic wrap. Weight down with cutting board, that fits just inside dish, topped with several heavy cans. Refrigerate 48 hours or up to 1 week, turning every 12 hours and spooning juice over fish.

Mustard Dill Sauce: Dissolve mustard in gin in mixing bowl. Let stand 30 minutes. Stir in remaining ingredients. *(Can be made ahead. Cover and refrigerate up to 24 hours.)*

To serve, remove salmon from marinade. Scrape away dill and spices; pat dry. Place skin side down on cutting board, cut diagonally into thin slices and remove from skin. Arrange slices on platter and garnish with dill. Serve with mustard sauce and toast triangles. Makes 12 servings.

Nutrition info per serving: 280 calories, 19 gm protein, 21 gm fat, 2 gm carbohydrates, 770 mg sodium, 63 mg cholesterol.

WATERCRESS SOUP



You'll want to serve this soup to smaller gatherings, too—just cut all the ingredients in half.

Prep time: 25 minutes
Cooking time: 40 minutes

- ¼ cup butter or margarine
- 2 cups chopped leeks
- 1 cup chopped onions
- 1 teaspoon minced garlic
- 8 cups packed watercress (3 large bunches), tough stems trimmed
- 1 head romaine lettuce, shredded (about 7 cups)
- ½ cup all-purpose flour
- 4 cans (13¾ or 14½ oz. each) chicken broth
- 4 cups water
- 1½ teaspoons salt
- ⅛ teaspoon white pepper
- 2 cups half-and-half cream
- 2 tablespoons fresh lemon juice

Melt butter in large Dutch oven over medium heat. Add leeks and onions; cook, stirring occasionally, until translucent, about 5 minutes. Stir in garlic, then watercress and romaine. Cook, stirring occasionally, until wilted, about 10 minutes. Add flour and cook, stirring constantly, 2 minutes. Add chicken broth, water, salt and pepper; bring to boil, stirring constantly. Reduce heat and simmer uncovered 20 minutes.

Puree soup in batches in blender. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Return to pan and heat to simmer. Stir in cream and lemon juice and heat through. (Do not boil.) Garnish. Makes 12 servings.

Nutrition info per serving: 150 calories, 4 gm protein, 10 gm fat, 11 gm carbohydrates, 1,028 mg sodium, 25 mg cholesterol.

HERBED PORK LOIN



Frenching the bones just means scraping the fat away from the top of each rib.

Prep time: 10 minutes plus marinating
Cooking time: About 1¾ hours

- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon each chopped fresh oregano, thyme and rosemary
- 1 tablespoon minced garlic
- 1 teaspoon *each* salt and pepper
- 2 pork loin roasts (9 ribs and 4½–5 lb. each), bones frenched by butcher
- 2 cups Riesling wine
- 1 can (13¾ or 14½ oz.) chicken broth
- 1 tablespoon minced shallot

Mix olive oil, lemon juice, herbs, garlic, salt and pepper in small bow Score meaty side of roasts diagonally inches apart and ½ inch deep. Ru marinade over meat. Wrap tightly an refrigerate overnight.

Preheat oven to 350°F. Unwra roasts. Stand roasts with bones up, fac ing each other on a rack in roastin pan and interlock bones so that roast lean against each other. Roast unti meat thermometer inserted in thickes part of meat registers 150°F., abou 1¾ hours. Transfer roasts to platte cover with foil.

Remove rack from pan and heat pa over high heat. Add wine, chicke broth and shallot. Bring to boil, scrap ing up browned bits on bottom of pan Boil until reduced to 2 cups. Strai and skim off fat, then pour into sauce boat. Serve roasts with sauce. To slice cut roasts between bones into chops Makes 12 servings.

Nutrition info per serving: 670 calories, 54 gm protein, 48 gm fat, 1 gm carbohydrates, 490 mg sodium, 190 mg cholesterol.

GARLIC POTATO ROSETTES

Smoothness is key to making these potatoes (pictured with Herbed Pork Loin above)—that's why pressing them through a ricer is essential. If you don't have a pastry bag, spoon the potatoes into a baking dish.

Prep time: 30 minutes
Cooking time: 10 or 20 minutes *(continued)*

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Cut out frying

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without cutting out great taste.

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■ ELEGANT ENTERTAINING

continued

- 4 pounds baking potatoes, peeled and halved
- 4 large egg yolks
- 10 tablespoons butter or margarine, cut up
- ½ cup heavy or whipping cream
- 8 tablespoons freshly grated Parmesan cheese, divided
- 1 teaspoon each minced garlic and salt
- ¼ teaspoon white pepper

Preheat oven to 450°F. Grease 2 baking sheets or 13x inch baking dish.

Cook potatoes in boiling salted water until tender, minutes. Drain, then press through potato ricer, food mi or sieve into mixer bowl. Beat in remaining ingredien except 2 tablespoons cheese; cool slightly.

Spoon into a large pastry bag fitted with ½-inch star ti Pipe 2½-inch rosettes about 1 inch apart on prepared bal ing sheets or spoon potatoes into prepared baking dis *(Can be made ahead. Cover and refrigerate up to 24 hour Bring to room temperature.)* Sprinkle with remaining Pa mesan. Bake just until ridges are golden, 8 to 10 minute 18 to 20 minutes for large pan. Makes 12 servings.

Nutrition info per serving: 250 calories, 5 gm protein, 16 gm fat, 21 g carbohydrates, 370 mg sodium, 133 mg cholesterol.

MIXED SPRING VEGETABLES



You can use regular carrots, cut into julienned strips, f the baby ones. Blanch them for 3 to 4 minutes.

Prep time: 1 hour
Cooking time: 35 minutes

- 2 pounds baby turnips, trimmed
- 3 bags (12 oz. each) baby carrots, peeled and trimmed
- 2½ pounds thin asparagus, trimmed
- 1 pound radishes, trimmed
- 1 tablespoon olive oil
- 1 tablespoon butter or margarine
- ¼ teaspoon each salt and freshly ground pepper
- ½ teaspoon grated lemon peel
- 1 tablespoon chopped fresh parsley

Cook turnips in boiling water until tender, about 6 mi utes. Drain and rinse under cold water. Bring fresh wat to boil. Add carrots and cook until tender, 4 to 5 minute Drain and rinse. Repeat with asparagus, cooking 1 to minutes, and radishes, cooking just 30 seconds. *(Can b made ahead. Cover and store in separate containers i refrigerator up to 24 hours.)*

Preheat oven to 450°F. Heat oil and butter in roastin pan. Add vegetables, turn to coat, and sprinkle with sa and pepper. Cover with foil and bake, stirring once, unt hot, about 20 minutes. Spoon onto serving platter. Sprinkl with lemon peel and parsley. Makes 12 servings.

Nutrition info per serving: 90 calories, 4 gm protein, 3 gm fat, 16 g carbohydrates, 132 mg sodium, 3 mg cholesterol.

ROPICAL MOUSSE



The secret flavor is passion fruit. Ripe hen wrinkled, each one yields about a ablespoon of juice.

rep time: 45 minutes plus chilling

- **2 teaspoons unflavored gelatin**
- **¼ cup fresh lime juice**
- **3 *each* ripe mangoes and passion fruit**
- **¼ cup plus 2 tablespoons sugar**
- **2 large egg whites, at room temperature**
- **Pinch salt**
- **Pinch cream of tartar**
- **½ cup heavy or whipping cream**
- **2 pints fresh strawberries, for garnish**

prinkle gelatin over lime juice in mall bowl. Let stand 5 minutes. Place owl over boiling water and stir until elatin is completely dissolved.

Peel mangoes and cut flesh from its. Puree in food processor, then ress enough puree through sieve to qual 2 cups. Transfer to large bowl. ut passion fruit in half, scoop pulp nto sieve set over mango puree and ub with back of spoon to extract juice. dd 2 tablespoons sugar and the gela- in; stir until sugar dissolves.

Beat egg whites and salt in mixer owl until foamy. Add cream of tartar nd beat until soft peaks form. Gradu- lly beat in remaining ¼ cup sugar; ontinue beating until peaks are stiff nd glossy. Fold one quarter of the hites into mango mixture, then fold n remaining whites. Whip cream in ixer bowl until stiff, then fold into ango mixture. Transfer to 2-quart erving bowl. Refrigerate covered until rm, 4 hours or overnight. Serve with trawberries. Makes 12 servings.

utrition info per serving: 100 calories, 1 gm pro- in, 4 gm fat, 17 gm carbohydrates, 26 mg sodium, 4 mg cholesterol.



INGER LACE COOKIES



These crunchy cookies complement the lavor and texture of the mousse.

Prep time: 20 minutes
Cooking time: 7 to 10 minutes per batch

- **½ cup butter (no substitutions)**
- **6 tablespoons light corn syrup**
- **3 tablespoons sugar**
- **2 tablespoons light molasses**
- **⅔ cup all-purpose flour**
- **1 tablespoon grated fresh ginger**
- **½ teaspoon vanilla extract**

Preheat oven to 350°F. Line 3 cookie sheets with foil.

Bring butter, syrup, sugar and molasses to boil in large saucepan over medium-high heat. Remove from heat. Sift in flour and whisk until smooth, then whisk in ginger and vanilla. Place pan in larger pan of hot water to keep batter warm.

Drop batter by teaspoonfuls onto cookie sheets (12 per sheet). Bake until brown, 7 to 10 minutes. Cool 2 minutes; transfer cookies with foil to wire racks. Let stand until firm enough to remove from foil and cool completely on racks. *(Can be made ahead. Store in airtight containers up to 2 days.)* Makes about 3 dozen.

Nutrition info per cookie: 50 calories, 0 gm protein, 3 gm fat, 6 gm carbohydrates, 29 mg sodium, 7 mg cholesterol. ■

Recipes developed by Carol Prager, Kathy Jackette and Lisa Brainerd.

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What could be better in warm weather? Our cookbook is filled with best-dressed dishes that take no time to toss!

SALAD days





SPINACH-PAPAYA SALAD

Instead of papaya, you can use mangoes, nectarines or peaches.

Total prep time: 15 minutes ○

- 1 head Boston lettuce, torn
- 4 ounces spinach, torn
- 1 papaya, peeled, sliced
- 1 cup sliced strawberries
- ¼ cup thinly sliced red onion
- 1 tablespoon sliced almonds, toasted
- 3 tablespoons olive oil
- 2 tablespoons raspberry or white wine vinegar
- ¼ teaspoon *each* salt and pepper

Place first 6 ingredients in large salad bowl. Whisk remaining ingredients together and toss with salad. Makes 6 servings.

Nutrition info per serving: 110 calories, 2 gm protein, 8 gm fat, 10 gm carbohydrates, 112 mg sodium, 0 mg cholesterol.

LEMON TURKEY SALAD

Turkey cutlets for this classic salad are low-fat, inexpensive and quick to prepare.

Total prep time: 30 minutes ○

- ⅓ cup mayonnaise
- ⅓ cup sour cream
- ¾ teaspoon grated lemon peel
- 1½ teaspoons fresh lemon juice
- ⅛ teaspoon salt
- Freshly ground pepper to taste
- 1 pound turkey cutlets, poached in chicken broth and diced
- 1 red apple, diced
- ⅓ cup chopped walnuts, toasted
- ½ cup thinly sliced celery
- 1 tablespoon minced shallots
- 6 leaves red leaf lettuce
- 1 tablespoon chopped fresh parsley

Mix first 5 ingredients; season with pepper. Add turkey, apple, walnuts, celery and shallots; toss well. Spoon salad onto platter lined with lettuce leaves and garnish with parsley. Makes 4 main-course servings.

Nutrition info per serving: 440 calories, 31 gm protein, 31 gm fat, 12 gm carbohydrates, 787 mg sodium, 89 mg cholesterol. ▶

All Photos : Carin and David Riley; food stylist, A.J. Battifarano.

GRILLED TUNA NICOISE

Grilled tuna adds new life to this great old standard—still perfect for summer dinners.
Prep time: 50 minutes plus chilling
Cooking time: 15 minutes

- 2 tablespoons balsamic vinegar
- 2 tablespoons minced shallots
- 2 tablespoons chopped fresh parsley
- 1 tablespoon Dijon mustard
- 1 teaspoon chopped fresh thyme
- ¼ teaspoon *each* salt and pepper
- ⅓ cup olive oil
- 1 pound tuna fillets, ¾ inch thick
- ½ pound small new potatoes
- ¼ pound green beans, trimmed
- 1 head Boston lettuce
- 1 bunch arugula or watercress
- 2 plum tomatoes, sliced
- 2 hard-cooked eggs, quartered
- 4 anchovy fillets
- ¼ cup sliced Greek or other cured olives

Whisk vinegar, shallots, parsley, mustard, thyme, salt and pepper together in medium bowl. Gradually whisk in oil.

Prepare grill or preheat broiler. Coat tuna with 2 tablespoons dressing in bowl; refrigerate 30 minutes.

Boil potatoes in pot of salted water just until tender, about 8 minutes. Drain and cut into thick slices while still hot. Toss with 2 tablespoons dressing.

Boil green beans in water to cover just until tender, 3 to 4 minutes. Drain and rinse under cold water.



Meanwhile, lightly oil rack on grill or broiler pan. Grill or broil tuna 3 inches from heat, turning once, 3 to 4 minutes for medium-rare. Transfer to platter and cover to keep warm.

Arrange 6 whole lettuce leaves on platter. Tear remaining lettuce and the arugula into bite-size pieces and toss with 2 tablespoons dressing. Arrange on center of platter and top with tuna. Arrange potatoes, beans, tomatoes, eggs and anchovies on salad. Drizzle with remaining dressing; sprinkle with olives. Makes 4 main-course servings.

Nutrition info per serving: 480 calories, 34 gm protein, 30 gm fat, 18 gm carbohydrates, 800 mg sodium, 182 mg cholesterol.

BOWTIE PASTA PRIMAVERA

The trick to keeping the fresh flavor in this and other pasta salads is serving it as soon as it's made. Pasta gets soggy if it's allowed to sit in a dressing too long.
Total prep time: 30 minutes

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon minced garlic
- 1 teaspoon Dijon mustard
- ¾ teaspoon grated lemon peel
- ¼ teaspoon salt
- ½ teaspoon freshly ground pepper
- ½ pound thin asparagus, trimmed and cut into 2-inch pieces, cooked until tender and rinsed under cold water
- 1 cup sliced radishes
- 1 cup frozen tiny peas, thawed
- 1 green onion, sliced thin
- ½ pound bowtie pasta, cooked according to package directions, drained and rinsed under cold water
- 2 tablespoons chopped fresh parsley



Whisk olive oil, lemon juice, garlic, mustard, lemon peel, salt and pepper together in large bowl. Add remaining ingredients to dressing and toss to coat and combine. Makes 4 servings.

Nutrition info per serving: 325 calories, 11 gm protein, 8 gm fat, 53 gm carbohydrates, 247 mg sodium, 0 mg cholesterol.

HOW CHEDDAR CHEESE GIVES PLAIN VEGETABLES A TASTE YOU'LL FANCY.

This bunch of broccoli was utterly uninspired, until a simple cheddar sauce melted your heart. How could something so easy make such a difference? Try this simple recipe and see!

MICROWAVE CHEDDAR SAUCE RECIPE

Heat 1 c. milk 2 minutes on medium high. Set aside. Melt 2 Tbs. butter 1 minute on high. Stir in 2 Tbs. flour, heat 1 minute more on high. Briskly stir in warm milk. Blend well. Cook on high 2½ minutes, or until boiling. Stir in 1 c. grated cheddar cheese. Blend well.



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GRILLED CHICKEN CAESAR SALAD

Grill up extra chicken for dinner one night, and save it to make this easy summer meal.
Prep time: 35 minutes
Cooking time: 6 minutes

⅓ cup plus 1 tablespoon extra-virgin olive oil
2 slices rye bread, crusts removed, cut into ½-inch cubes
1 pound boneless, skinless chicken breasts
½ teaspoon *each* salt and pepper, divided
4 anchovy fillets, chopped
2 teaspoons minced garlic
2 tablespoons fresh lemon juice
1 tablespoon Dijon mustard
2 dashes red pepper sauce
1 large head romaine lettuce, torn
3 tablespoons freshly grated Parmesan cheese

Prepare grill or preheat broiler. Heat 1 tablespoon oil in large skillet over medium-high heat. Add bread cubes and cook, stirring occasionally, until lightly browned, about 5 minutes. Drain on paper towels and set aside.

Lightly oil rack on grill or broiler pan. Season chicken breasts with ¼ teaspoon *each* salt and pepper. Grill or broil 3 inches from heat, turning once until cooked through but still moist, 5 to 6 minutes. Cool 5 minutes, then cut crosswise into ¼-inch-thick slices.

Mash anchovies, garlic and remaining ¼ teaspoon salt to paste in large salad bowl. Add lemon juice, mustard, pepper sauce and remaining ¼ teaspoon pepper; whisk until blended. Gradually whisk in remaining ⅓ cup oil. Add chicken and toss to coat. Add lettuce, Parmesan and rye croutons; toss well. Makes 4 main-course servings.

Nutrition info per serving: 405 calories, 33 gm protein, 26 gm fat, 11 gm carbohydrates, 763 mg sodium, 72 mg cholesterol.



NEW POTATO-BEET SALAD

This salad can be prepared hours ahead, then assembled just before serving.
Prep time: 25 minutes
Cooking time: 25 minutes

⅓ cup olive oil
¼ cup chopped fresh dill
2 tablespoons red wine vinegar
2 tablespoons horseradish
¾ teaspoon salt
½ teaspoon pepper
2 pounds new potatoes
1 cucumber, peeled, seeded and diced
¼ cup sliced green onions
1 bunch beets (1½ lb.)
½ cup sour cream
1 hard-cooked egg, chopped



Whisk first 6 ingredients together in large bowl. Measure 3 tablespoons into medium bowl. Cook potatoes in boiling salted water until tender, 15 to 25 minutes; drain. Peel and cut into chunks. Toss warm with dressing in large bowl. Stir in cucumber and onions.

Meanwhile, cook beets in boiling salted water just until tender, about 20 minutes. Drain. Peel and slice thin. Toss with dressing in medium bowl.

Arrange beet slices on platter and mound potato mixture on top. Spoon on sour cream and sprinkle with egg. Makes 8 servings.

Nutrition info per serving: 245 calories, 5 gm protein, 13 gm fat, 29 gm carbohydrates, 280 mg sodium, 41 mg cholesterol.

"I'm a girl who just can't say no. I insist on dessert."

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NUTRASWEET.

AEGEAN SEAFOOD SALAD

The beans stretch your seafood budget—and taste great as well.

Total prep time: 35 minutes ○

1 tablespoon Dijon mustard
2 tablespoons fresh lemon juice
½ teaspoon minced garlic
½ teaspoon salt



½ teaspoon freshly ground pepper
⅓ cup extra-virgin olive oil
½ cup julienned basil leaves
¾ pound medium shrimp, peeled and deveined
½ pound cleaned squid, cut into ¼-inch rings
2 cans (19 oz. each) cannellini beans, drained and rinsed
4 tomatoes, seeded and coarsely chopped
¼ cup minced red onion
¼ pound Greek or other cured olives, pitted if desired

Whisk mustard, lemon juice, garlic, salt and pepper together in large bowl. Gradually whisk in olive oil, then stir in julienned basil. Measure 3 tablespoons dressing into medium bowl.

Bring large pot of salted water to boil. Add shrimp and cook until pink and curled, about 2 minutes. Using slotted spoon, immediately transfer shrimp to bowl of ice water to cool. Cut shrimp in half lengthwise, pat dry and add to dressing in medium bowl. Cook squid in boiling salted water 30 seconds. Drain; immediately transfer to ice water. Pat dry; combine with shrimp. Add beans, tomatoes and onion to dressing in large bowl. Toss to coat. (*Can be made ahead. Let seafood and bean mixtures stand separately at room temperature up to 2 hours.*)

Just before serving, combine seafood and bean mixtures. Mound salad on serving plate and garnish with olives. Makes 6 main-course servings.

Nutrition info per serving: 430 calories, 27 gm protein, 21 gm fat, 36 gm carbohydrates, 982 mg sodium, 158 mg cholesterol.

BULGUR SALAD SALSA-STYLE

Bulgur is parboiled cracked wheat, a versatile grain that combines well with all sorts of flavors.

Prep time: 35 minutes plus standing ○

1½ cups bulgur (cracked wheat)
6 cups boiling water
2 plum tomatoes, diced
2 green onions, chopped
1 cucumber, peeled, seeded and diced
1 cup diced yellow pepper
1 cup thinly sliced radish
½ cup chopped cilantro
¼ cup fresh lime juice
2 teaspoons minced jalapeño chili



1 teaspoon minced garlic
¾ teaspoon salt
½ teaspoon pepper
⅓ cup olive oil

Cover bulgur with boiling water in large bowl. Let stand 1 hour. Drain in colander and shake well until dry. Return to bowl and stir in vegetables and cilantro.

Whisk lime juice, jalapeño, garlic, salt and pepper together in mixing bowl. Gradually whisk in oil. Pour dressing over salad and toss well to coat. Serve at once. Makes 8 servings. ■

Nutrition info per serving: 210 calories, 3 gm protein, 10 gm fat, 30 gm carbohydrates, 214 mg sodium, 0 mg cholesterol.

Recipes by Carol Prager, Kathy Jackette and Lisa Brainerd.

BONUS: See our salad-dressing chart on page 174.

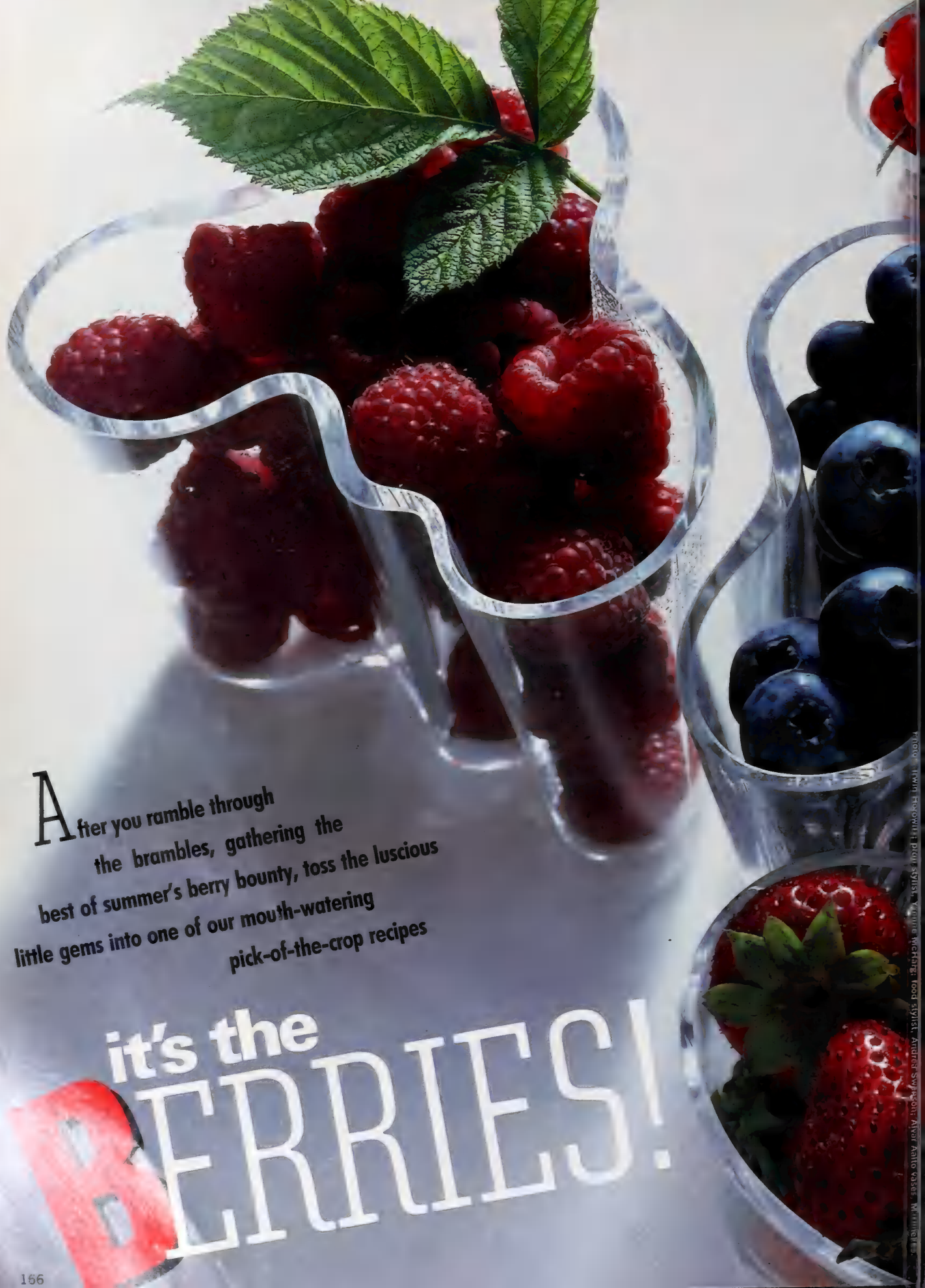


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K I K K O M A N



After you ramble through the brambles, gathering the best of summer's berry bounty, toss the luscious little gems into one of our mouth-watering pick-of-the-crop recipes

it's the BERRIES!



Don't miss out on the freshest raspberries, blueberries, currants, blackberries and strawberries—all ripe for the picking now

IT'S THE BERRIES
continued

Easy · Challenging · Moderate · Microwave

BLUEBERRY LEMON PARFAITS



Lemon and cream are the perfect foil for blueberries. Make these parfaits a day ahead or just before dinner.

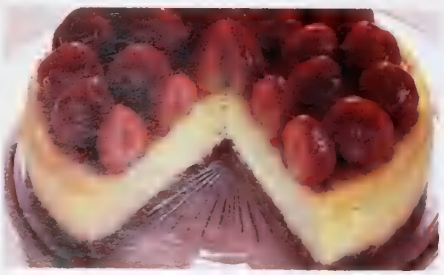
Prep time: 25 minutes plus chilling

- 2 large egg yolks
- 3 tablespoons sugar
- ¼ teaspoon grated lemon peel
- 1 tablespoon fresh lemon juice
- ½ cup heavy or whipping cream
- 2 cups blueberries

Whisk egg yolks, sugar, lemon peel and juice in top of double boiler until blended. Cook over hot, not boiling, water, stirring constantly, until thickened, about 15 minutes. Refrigerate or set in large bowl of ice water and cool, stirring occasionally. Beat cream in mixer bowl until soft peaks form and fold into lemon mixture. Spoon equal amounts of blueberries and lemon cream alternately into 4 parfait glasses. Chill. Makes 4 servings.

Nutrition info per serving: 210 calories, 2 gm protein, 14 gm fat, 21 gm carbohydrates, 20 mg sodium, 177 mg cholesterol.

STRAWBERRY CHEESECAKE



The glaze on the berries keeps them fresh, so you don't have to consume the whole cake in one sitting . . . unless you want to.

Prep time: 45 minutes plus chilling
Baking time: 1 hour plus standing

Crust

- ½ cup graham cracker crumbs
- ½ cup vanilla wafer crumbs
- ½ cup finely chopped walnuts
- 3 tablespoons sugar
- 3 tablespoons melted butter or margarine

Filling

- 3 packages (8 oz. each) cream cheese, softened
- 1 cup sugar
- Pinch salt
- 1 cup heavy or whipping cream
- 1 teaspoon vanilla extract
- ½ teaspoon grated lemon peel
- 6 large eggs
- 2 tablespoons all-purpose flour

Glaze

- 2 pints strawberries
- ¼ cup sugar
- 2 tablespoons water
- 4 teaspoons cornstarch

Preheat oven to 375°F. Lightly grease sides of 9-inch springform pan.

Crust: Combine crumbs, walnuts and sugar in mixing bowl. Add butter and stir until crumbs are moistened. Press into bottom of prepared pan. Bake until edges are lightly browned, about 10 minutes. Cool completely on wire rack.

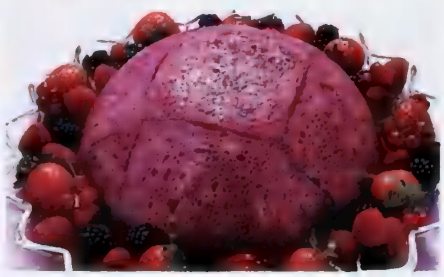
Filling: Reduce oven temperature to 325°F. Beat cream cheese in large mixer bowl at medium speed until smooth. Gradually beat in sugar and salt. Beat in heavy cream, vanilla and lemon peel, then eggs one at a time. Beat in flour. Pour over cooled crust. Bake 1 hour. Turn oven off. Immediately run a spatula around cake to loosen from pan. Leave in oven 1 hour with door closed. Cool completely on wire rack, then refrigerate overnight.

Glaze: Cut enough strawberries into quarters to measure 1 cup. Combine cut berries, sugar and 1 tablespoon water; simmer covered over low heat 5 minutes. Dissolve cornstarch in remaining 1 tablespoon water and stir into berry mixture; simmer uncovered 1 minute, stirring constantly. Strain glaze through fine sieve and cool.

Remove rim from springform pan. Hull remaining berries and arrange points up on cheesecake. Brush with glaze. Refrigerate at least 1 hour. Makes 16 servings.

Nutrition info per serving: 390 calories, 7 gm protein, 28 gm fat, 30 gm carbohydrates, 219 mg sodium, 177 mg cholesterol.

ENGLISH SUMMER PUDDING



The best summertime dessert because it's so easy. You can use any combination of berries you like.

Prep time: 20 minutes plus chilling

- 10 to 12 slices firm white bread, crusts trimmed
- 2 cups raspberries
- 1¼ cups fresh currants
- 1 cup blackberries
- 1 cup blueberries
- 1 cup sliced strawberries
- ¾ to 1 cup sugar
- Sweetened whipped cream or yogurt, for serving

Line 1½-quart bowl with bread, trimming as needed.

Combine berries and sugar in medium saucepan. Heat over medium heat, stirring gently, just until sugar is completely dissolved, about 4 minutes. Pour fruit and juice evenly into bread-lined bowl. Top with layer of bread and cover loosely with plastic wrap. Place saucer that fits just inside bowl on top of pudding and weight down with 2-pound can. Refrigerate overnight.

To serve, invert pudding onto serving platter. Serve with whipped cream. Makes 6 servings.

Nutrition info per serving: 285 calories, 4 gm protein, 2 gm fat, 65 gm carbohydrates, 194 mg sodium, 1 mg cholesterol.

FROZEN RASPBERRY RIBBON PIE



This easy pie makes the most of a precious pint of raspberries by layering the rich berry puree with vanilla ice cream—all under a meringue bonnet.

Prep time: 40 minutes plus freezing

Crust

- 1½ cups chocolate cookie crumbs
- ¼ cup butter or margarine, melted

Filling

- 2 cups raspberries
- ½ cup sugar
- 1 tablespoon cornstarch
- ¼ cup butter or margarine, cut up
- 2 pints vanilla ice cream, softened

Topping

- 4 large egg whites, at room temperature
- Pinch salt
- ⅓ cup sugar
- ½ teaspoon vanilla extract

Crust: Preheat oven to 350°F. Mix crumbs and butter in small bowl until evenly moistened. Press into bottom and up side of 9-inch pie plate. Bake 10 minutes. Cool on wire rack. Freeze crust 1 hour.

Filling: Puree raspberries in food processor or blender, then *(continued)*


The fruits of no labor.
Cheesecake Pie
1 package (8 oz.) PHILADELPHIA Brand® cream cheese, softened
⅓ cup sugar
2 teaspoons vanilla
3½ cups (8 oz.) COOL WHIP® Whipped Topping, thawed
1 (6 oz.) KEEBLER® READY-CRUST® brand graham cracker pie crust
Assorted fresh fruit
1. Beat cheese, sugar and vanilla until smooth. Fold in whipped topping. Spoon into crust.
2. Chill until set, about 4 hours.
3. Before serving, arrange fruit on filling.
Cheesecake Tarts. Spoon filling into KEEBLER® READY-CRUST® Single Serve Graham Crusts. Chill 2 hours. Garnish with fruit. Makes 12 tarts.
Cheesecake Snacks. Spread filling on KEEBLER® Honey Graham Crackers. Garnish with fruit.
Cool Whip® & Ready-Crust® Sweets in a Snap.
Cool Whip
Ready-Crust

IT'S THE BERRIES
continued

strain through fine sieve into 4-cup microwaveproof measure. Stir in sugar and cornstarch and add butter. Cover with plastic wrap, turning back one section to vent. Microwave on High, stirring once, until thickened, about 4 minutes. Whisk until smooth, then cool to room temperature.

Spread 1 pint ice cream evenly over crust and cover with 1 cup raspberry mixture. Freeze 30 minutes. Repeat with remaining ice cream and raspberry mixture. Freeze 30 minutes. Cover pie and freeze overnight.

Topping: Preheat oven to 450°F. Beat egg whites and salt in mixer bowl at medium speed until soft peaks form. Gradually beat in sugar and vanilla and continue to beat until stiff. Unwrap frozen pie. With spatula spread meringue to completely cover top of pie, mounding more meringue in center. Swirl through meringue with back of spoon. Bake until topping is just browned, about 2 minutes. Immediately place in freezer and freeze at least 1 hour. *(Can be made ahead. Cover and freeze up to 2 days.)* Makes 12 servings.

Nutrition info per serving: 285 calories, 4 gm protein, 14 gm fat, 37 gm carbohydrates, 233 mg sodium, 41 mg cholesterol.

CURRANT MOUSSE



Hooray, currants aren't just dried anymore! The same advice applies for currants as all other fresh berries: If you must rinse the berries, do so just before using them.

Prep time: 40 minutes plus chilling

- 1½ cups fresh currants
- ¾ cup sugar, divided
- 1 envelope plus 1 teaspoon unflavored gelatin
- ¼ cup water
- 1 cup milk
- 4 large eggs, separated
- ¼ teaspoon almond extract
- Pinch salt
- 1 cup heavy or whipping cream

Combine currants and ¼ cup sugar in small saucepan. Heat over medium heat, stirring occasionally, until sugar is dissolved and some currants pop, 5 to 10 minutes.

Sprinkle gelatin over water in small saucepan. Let stand 5 minutes to soften. Heat over low heat 5 minutes, stirring to dissolve gelatin. Bring milk to boil in another saucepan. Whisk egg yolks and ¼ cup sugar in small bowl just until blended. Gradually whisk milk into yolks; return to saucepan and cook over medium-low heat, stirring constantly, until thick enough to coat back of spoon. Remove from heat. Add gelatin and stir until completely blended. Stir in almond extract, salt and currants with liquid. Transfer to large bowl. Refrigerate or set in larger bowl of ice water, stirring occasionally until mixture mounds when dropped from spoon.

Beat egg whites in mixer bowl until foamy. Gradually beat in remaining ¼ cup sugar and continue beating until soft peaks form. Fold into currant mixture. Whip cream until soft peaks form; fold into currant mixture. Pour into 8-cup mold. Refrigerate covered at least 6 hours. To serve, dip mold in hot water 10 seconds; invert onto serving platter. Garnish. Makes 8 servings.

Nutrition info per serving: 250 calories, 6 gm protein, 15 gm fat, 24 gm carbohydrates, 79 mg sodium, 182 mg cholesterol.

Recipes developed by Carol Prager, Kathy Jackette and Lisa Brainerd.



KIDPOWER



HAND POWER

Knudsen® Cottage Cheese (4 oz.) gives your child more protein power than two eggs, and wins hands down when compared in fat content.

MUSCLE POWER

Knudsen Cottage Cheese gives your child the protein needed to help your child's muscles grow strong.

BODY POWER

Knudsen Cottage Cheese is abundant in protein, so important for the development of your child's vital organs.

PROTEIN POWER

Knudsen Lowfat Cottage Cheese (4 oz.) provides three times the protein power of an equal portion of lowfat fruit yogurt. And with less calories.

GROWTH POWER

Knudsen Cottage Cheese is a significant source of the building material, protein, so necessary for your child's growth.



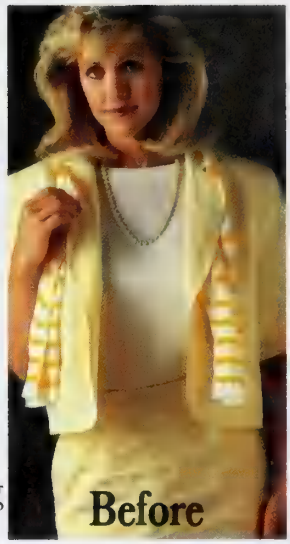
POWER FOOD

Source: USDA Handbook 8

Not available in all areas

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(without touch-up ironing.)





Wrinkle FREE™ makes it easy to look neat and fresh anywhere, anytime. Wrinkle FREE™ is a gentle blend of fabric softeners that actually relaxes fabric to let you smooth away wrinkles with your hands. What's more, Wrinkle FREE™ evaporates quickly, taking with it tobacco and other unfriendly odors, leaving your clothes fresh and static free. And Wrinkle FREE™ is safe to the most delicate fabrics.



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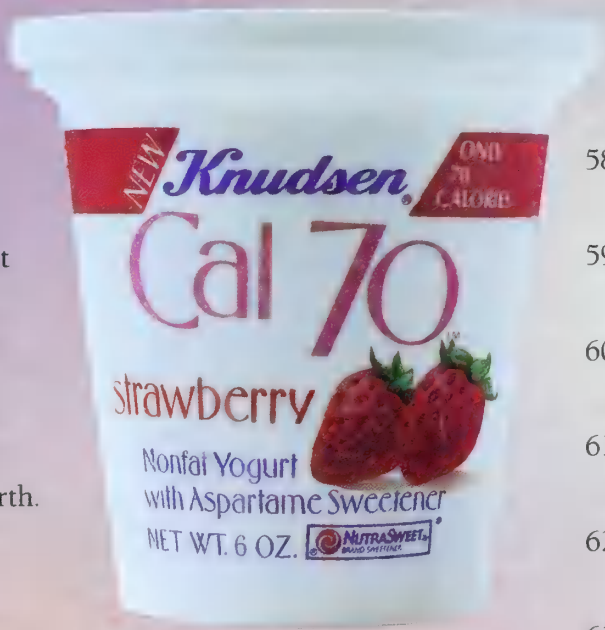
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1. 70 teensy, teensy calories.
2. Tantalizing to the toes.
3. One of life's rich pleasures.
4. Fat, dessertier flavors.
5. True taste of dreams.
6. Another good, good idea from the good Knudsen people.
7. Live fit.
8. I have no guilts.
9. Luscious lemony lemon.
10. New, new, new, new, new, new.
30. Good triumphs over fat.
31. Ends sweet obsessions.
32. 70 itsy-bitsy calories.
33. Thank you *Cal 70.*
34. Who's the good loser?
35. No more monster diets.
36. I saw my cheekbones today.
37. I show off more because more shows off.
38. Mmm, Mmm, MMMMMMM.
39. Diet decadence.
47. I eat doubles.
48. I am not cranky.
49. Balancing my diet is easy.
50. I don't obsess over food.
51. Thin man's name is Andy.
52. Isn't that sweet?
53. Wore "intensely-in" skirt.
54. This is meaningful food.
55. An abundance of calcium.

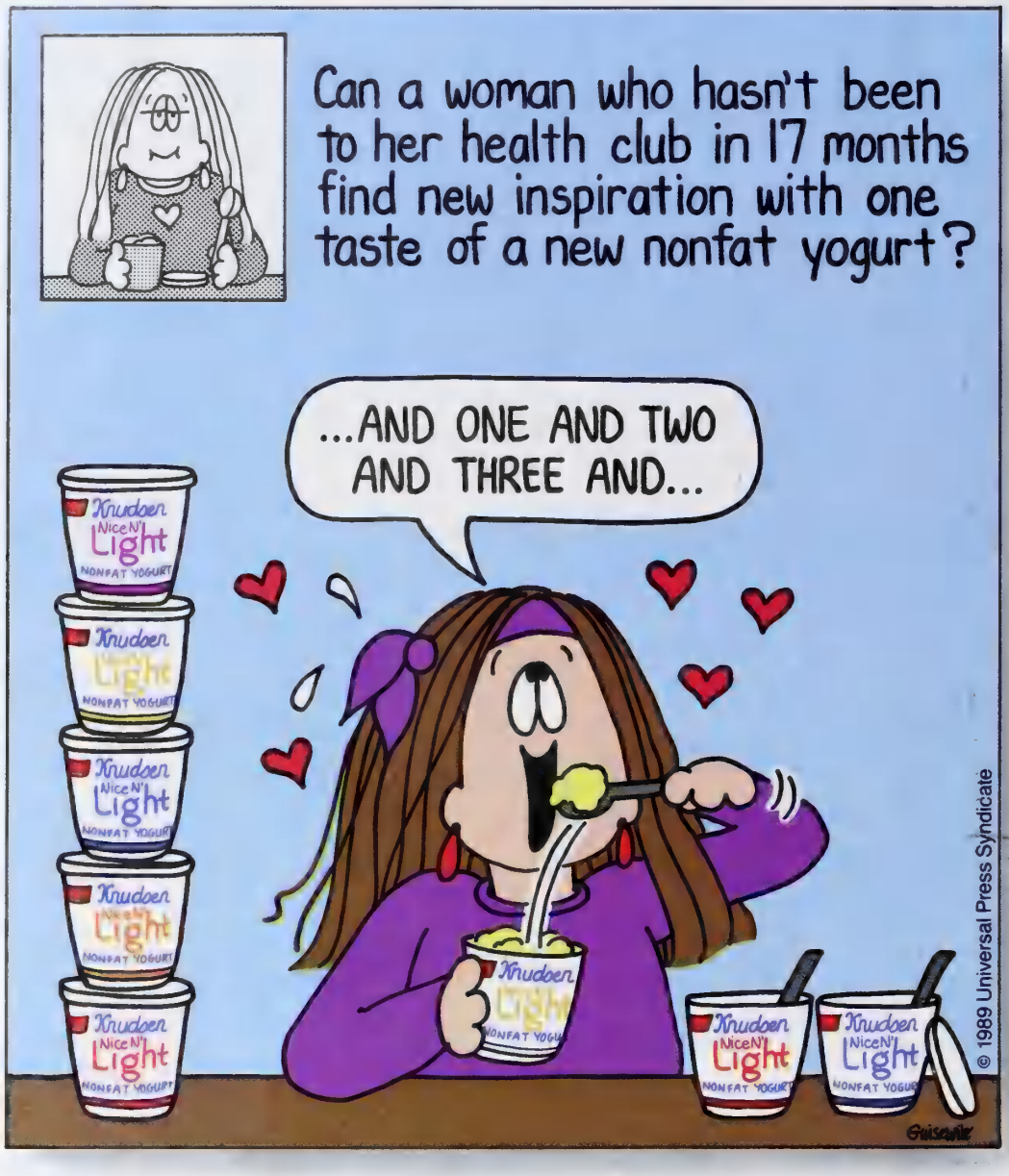
70 Calories Worth Counting.

1. 20 calories less than *Yoplait Light.*
2. You will yum it to pieces.
3. Sensuous and sinful strawberry.
4. Perfect peach for prominent people.
5. Met a tall, thin man.
6. Strawberry goes bananas.
7. Very voluptuous vanilla.
8. Raspberry is 10 reasons worth.
9. Yum, yum, yum.
10. Tempt your heart.
21. Add raisins. Mmmm.
22. Add granola. Ahhhhhhh.
23. Add nuts. Oooooh.
24. Daily reward.
25. Tempt your tummy.
26. Skinny stuff.
27. Thin man asked me to dinner.
28. Mmmm and thin con't.
29. This is will power.



40. Only 70 nowhere-to-be-seen calories.
41. Food for the soul.
42. I do my stretches.
43. I can desert dessert.
44. This is filling power, for those with taste.
45. Oh. Even my watch fits better.
46. Fitness is the answer.
56. The goodness of protein.
57. My nerves are not frayed.
58. Mixed strawberry and vanilla.
59. Inspired by fruit trees of heaven.
60. I can bare my midriff.
61. Andy is a conservative.
62. Andy asked if I were serious.
63. Had a raspberry and lemon day.
64. Good, Good, Good, Good. Good, Good, Good.
65. I fit into my jeans.
66. Live thin.
67. I reached my goal.
68. Lost some calories.
69. Gained some perspective.
70. I proposed to Andy.

available in all areas.



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eal adventure. Sink your teeth into sweet, corn-fed buffalo or delicate quail in
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e spicy influences of Mexico and the Southwest. Or delight in the blending of
ltures with treats like chocolate tortillas with ice cream and strawberries.

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You asked for it

Dear LHJ:

The Rattlesnake Club in Detroit serves a potato leek soup that is one of the most delicious and unusual soups I have ever had. I really would love to serve this recipe at home.

Mrs. Jim Gentile
Lathrup Village, MI

Soup of the day

Known for his elegant yet hearty dishes, chef Jimmy Schmidt packs a wallop of taste in his Potato and Leek Soup with Fried Onions and Chives: Heat 3 tablespoons butter in saucepan over medium heat. Cook 1 small onion, chopped, and 2 leeks, white part only, chopped fine, until translucent, 5 to 7 minutes. Add 1 large all-purpose potato, peeled and diced, and 2½ cups chicken broth. Simmer covered until potato is very tender, 20 to 25 minutes.

Puree the soup in batches in blender; strain into saucepan. Add ¼ cup milk and season with ¼ teaspoon *each* salt and white pepper. Heat through.

Meanwhile, heat 1 inch vegetable oil in small saucepan over medium-high heat to 350°F. Mix 2 tablespoons all-purpose flour and 1 teaspoon paprika; sprinkle lightly on 4 thin slices Vidalia or Walla Walla onion. Fry in batches until golden brown and crisp, about 45 seconds. Drain on paper towels.

Ladle hot soup into bowls. Top with fried onions and sprinkle with 2 tablespoons chopped fresh chives. Makes 2 servings.

recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

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Spinach-Papaya Salad p. 159
Vegetable Rice Salad p. 101

TO TOP IT OFF

A basic salad dressing is a combination of oil and an acidic ingredient with seasonings. We've charted six variations. Our simple formula: Whisk acid and seasonings together in a small bowl. Gradually whisk in oil, then stir in any additions. Makes ½ cup. A little goes a long way—for best flavor, toss with 4 quarts greens.

	MUSTARD	FINES HERBES	BALSAMIC	SHERRY	CITRUS	BASIL
acid	2 Tb. red wine vinegar	2 Tb. tarragon vinegar	2 Tb. balsamic vinegar	2 Tb. sherry vinegar	2 Tb. fresh lemon or lime juice	1 Tb. red wine vinegar 1 Tb. fresh lime juice
seasonings	2 tsp. Dijon mustard ¼ tsp. salt ¼ tsp. pepper	2 tsp. Dijon mustard ¼ tsp. salt ¼ tsp. pepper	2 tsp. Dijon mustard ½ tsp. salt ¼ tsp. pepper	2 tsp. Dijon mustard ¼ tsp. salt ¼ tsp. pepper	½ tsp. salt ¼ tsp. pepper Pinch sugar	¼ tsp. salt ¼ tsp. pepper
oil	⅓ cup olive oil	⅓ cup olive oil	⅓ cup extra-virgin olive oil	⅓ cup extra-virgin olive oil	⅓ cup olive oil	⅓ cup extra-virgin olive oil
additions		2 Tb. chopped parsley 1 Tb. snipped chives 1 tsp. chopped fresh tarragon	1 Tb. minced shallot ½ tsp. minced garlic		1 Tb. minced green onion 1 tsp. grated lemon or lime peel	¼ cup julienned basil leaves ¼ tsp. minced garlic



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KRAFT

o purchase necessary. Obtain ■ "BE A MILLIONAIRE" game piece and official rules inside pecially marked packages of Velveeta Slices, or by sending ■ self-addressed, stamped envelope Washington residents may omit postage) to: VELVEETA SLICES "BE A MILLIONAIRE" GAME IECE, P.O. Box 2230, Libertyville, IL 60198. Limit one game piece per request. Requests must be ceived by 8/30/89. More than 10,000 WINNERS. Grand Prize: $1,000,000 ($50,000 for 20 years); 5 First Prizes: 1 week Caribbean cruise for two plus airfare and $1000; 10 Second Prizes: Kohler home spa; 100 Third Prizes: gold/freshwater pearl necklace; 1000 Fourth Prizes: 6 crystal wine glasses; 9000 Fifth Prizes: (12 oz. Velveeta Slices). Total retail value of prizes is approximately $1,111,900. Game ends 10/15/89. Subject to official rules.

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Fully assembled, ea. $10 extra



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the BACKYARD catalog

Want to enjoy the great outdoors even more this summer? Our special shopping guide features everything new under the sun for gardening, picnicking and backyard fun

By Marilyn Diane Glass
Decorating and Design Editor



Homegrown blooms and veggies are the joys of summer. Ensure success with Seed Starting Mix from Ringer, $5.95.

Then plant one of Burpee's professional-looking Designed Gardens from Seed, $9.95 and up.

This English-style watering can is lightweight, elegant. From Gardener's Eden, $44. For round-the-grounds jobs, John Deere's heavy-duty cart, $155.

All prices approximate. For ordering details, see page 185.

All photos, Michael Skott. Backdrop by Charles Broderson; flowers, the Sunshine Florist; wardrobe stylist, Tiagi Lambert.



Sitting pretty
Grace your deck with nineteenth-century charm. Victoria rattan chair from Conrans, $179.



Flights of fancy
A super swing for high-flying pilots to earn their wings. Comes assembled and extends up to nine feet in length. From John Deere, $52.



Pack a picnic
You *can* take it with you! Foldable picnic table and umbrella weigh just thirty-two pounds. From John Deere, $149.

ENJOY THE DAYS OF VINE AND ROSES

For dining al fresco, teak is bellissimo (ultra-durable, too). Table, $1,060, and chairs, $440 each, from British–American. European-style umbrella from Santa Barbara Designs, $1,300. (Less expensive versions of teak furniture and Euro-umbrellas are available.) Bring out your brightest tableware, and serve up outdoor lunches from an old-time picnic basket. From Zabar's, $27.98.





Go with the flow
The ultimate hose—coils easily, withstands high water pressure. Flexogen, from Gardener's Eden, $16.

Kids' stuff
Let the tikes tote their own snacks and sodas in a mini-cooler. The Iceman Lunchbox by Metrokane, $20.99.

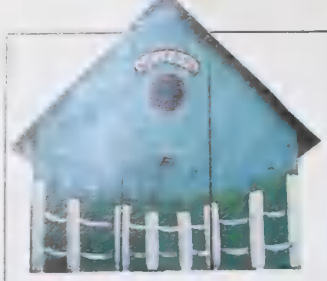
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Now appearing in every box of Duncan Hines Original Double Fudge Brownie Mix, our exclusive new Double Fudge Moistness Packet. Just tear it open and swirl it into the batter for moist, chewy, full-of-fudge brownies that will get raves. It's an opening you won't want to miss.





Birds of a feather
A handpainted, copper-topped house worth flocking to. From Gardener's Eden, $36.



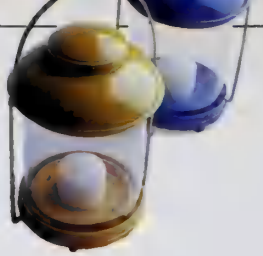
Cat's eyes
Hang this Scare Cat to frighten away garden pests. From Smith and Hawken, $5.



Dutch treat
Waterproof clogs are comfy and easy to clean. Gardener's Eden, $23.

Tools of the trade
Scottish composting fork ($39), long-handled fork and trowel ($12.50 each), all from Smith & Hawken; childrens rake ($12.95) is from the Kinsman Company.

Night light
Weberlantern from Weber Stephens Products, $14.95.



HOW DOES YOUR GARDEN GROW?



A gardener's workbench of weather-resistant red cedar is practical and pretty. From Gardener's Eden, $130. On the table, more planting picks: wooden garden tool box ($30) and goatskin gloves ($11.50) from Gardener's Eden. Relax in Conrans' Adirondack Chair, $99. Foreground: child's wheelbarrow ($19.95) and mini flower ring (5 for $9.50), both from Gardener's Supply.



If you think the only way to get out his tough stain is to treat it now, and wash it now...



think again.

Now there's Stain Stick™ from Spray 'n Wash®. And with Stain Stick you can treat his tough stains when you find them and put off washing them out until *you're* ready. Even if it's up to a *week* later! So the next time you're thinking about treating a stain and rushing to wash —think Stain Stick.

Stain Stick.
(Only from Spray'n Wash).



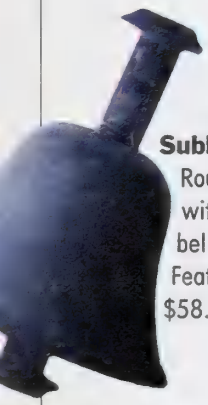
For Stains You Thought Would Never Come Out.

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Swing low
Catch forty winks (if you can lure the kids away!) on Smith & Hawken's cotton Yucatan hammock, $59.



WHAT A DAY FOR A DAYDREAM



Sublime chime
Round 'em up with this swell bell. Hen-Feathers & Co., $58.



Lean on me
The best-loved Southampton recliner in teak, from Brandywine, $595.

Weatherproof ware
Knock-around plastic is ideal for outdoors. Yellow plate ($1.59) and mug ($2.09) by Decor; white plate ($2.50) by Kasen; Peter Pan Colorings utensils ($1.50 a setting) by IDG.



A serene scene: Laze away the day or play a little croquet! Croquet set from John Deere, $115. Brandywine's Canterbury bench will add elegance to any lawn, $1,140. While you play or relax, protect yourself from the sun with a classic pocket Panama hat from Smith & Hawken, $19.





As time goes by
A splendid sundial to place by a pool or pond. Made of sandcast bronze to last forever, from John Deere, $35.

Keep on truckin'
The kids will have plenty of fun in the sun with John Deere's rugged Model A toy tractor, $16.



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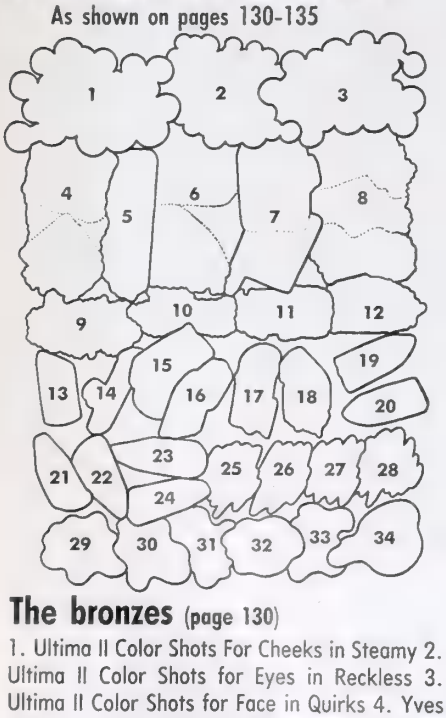


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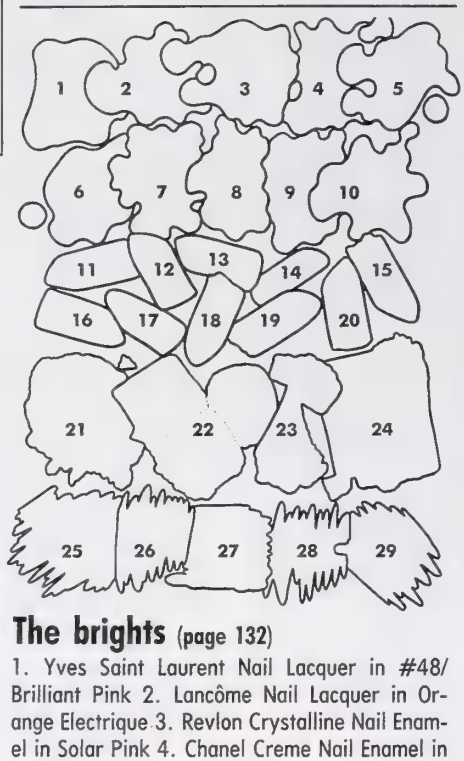
■ SHADES OF SUMMER

As shown on pages 130-135



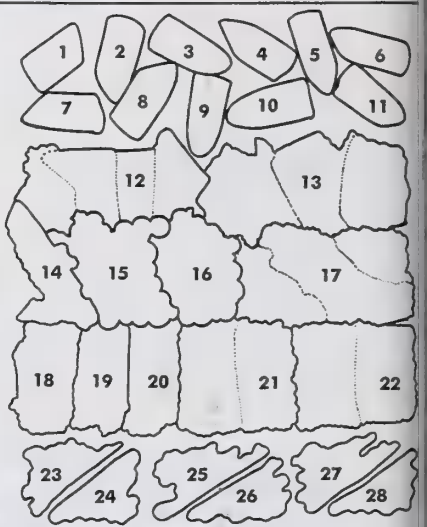
The bronzes (page 130)

1. Ultima II Color Shots For Cheeks in Steamy 2. Ultima II Color Shots for Eyes in Reckless 3. Ultima II Color Shots for Face in Quirks 4. Yves Saint Laurent Eye Shadow Powder Duo in #67/Burnished Copper/Espresso 5. Clarion Wearproof Eyeshadow in Safari Taupe 6. Christian Dior 5-Colour Eyeshadow Compact in Discretion 7. Maybelline Shadow Slims Trio Eye Shadow in Brown Sugar 8. Prescriptives Eyeshadow Powder in Universal Eyes 9. Gale Hayman Beverly Hills 14K Gold Highlighter 10. Clinique Soft-Pressed Eye Shadow in Gold Dust 11. Max Factor Satin Shadow in 18 Karat 12. Shiseido Silky Finish Eye Shadow in Hot Gold 13. Clarion Lipsilks in Sienna Silk 14. Lancôme Shining LipColour in Flash Doré 15. Coty Sheer To Stay 6-Hour Lipcolor in Rosiest Bronze 16. Maybelline Moisture Whip Lipstick in Gold Dust 17. Princess Marcella Borghese Lip Treatment in Topazio 18. Visage Beaute Lip Color in 14 Karat 19. Christian Dior Rouge À Lèvres in Élégance 20. Gale Hayman Beverly Hills Lip Shimmer in 14K Gold 21. Revlon Powder Pencil For Lids and Brows in Butter 22. Revlon Waterproof Creme Eyemarker in Marigold 23. Revlon Powder Pencil For Lids and Brows in Sandbar 24. Revlon Powder Pencil For Lids and Brows in Redwood 25. Estée Lauder Signature Automatic Pencil for Eyes in Seal Brown 26. Shiseido Corrector Pencil 27. Maybelline Precision Lip Liner in Mocha 28. Maybelline Colour Wand II in Smoky Topaz 29. Clarion Pure Performance Nail Color in Cocoa Beige Frost 30. Ultima II Nail Color in Hammock from The Big Easy 31. Max Factor Diamond Hard Nail Enamel in Capuccino 32. Maybelline Long Wearing Nail Color in Miami Deco 33. Cutex Strong Nail Nail Strengthener with Knox Gelatine in Butterfinger 34. Princess Marcella Borghese Lumina Radiant Finish Nail Lacquer in Pepato



The brights (page 132)

1. Yves Saint Laurent Nail Lacquer in #48/Brilliant Pink 2. Lancôme Nail Lacquer in Orange Electrique 3. Revlon Crystalline Nail Enamel in Solar Pink 4. Chanel Creme Nail Enamel in Coco Coral 5. Shiseido Nail Lacquer in Amaryllis 6. Charles of the Ritz Superior Nail Lacquer in Coral Isle 7. Revlon Creme Nail Enamel in Rouge Rage 8. Gale Hayman Beverly Hills Nail Colortreat in California Orange 9. L'Oréal Colour Riche 10 Day Formula Nail Enamel in Surfside Pink 10. L'Oréal Colour Riche 10 Day Formula Nail Enamel in Mango Mango 11. Ultima II Lipchrome in Flash 12. Ultima II Lipchrome in Snapshot 13. Revlon Super Lustrous Lipstick in Pinkish Frost 14. Yves Saint Laurent Rouge Intense Lipstick in #4/Poppy Orange 15. Revlon Super Lustrous Lipstick in Sun Poppy 16. Revlon Color Shine Lipstick in Scorcher Frost 17. Cot '24' Creme Lipstick in Sunset Orange 18. Ma Factor Lasting Color Lipstick in Chamelea Creme 19. Germaine Monteil Couleur Contin uelle Treatment Lipstick in #41 20. Charles the Ritz Perfect Finish Lipcolor in Splendid Cor 21. Il Makiage Color Shadow Powder in Mang 22. Princess Marcella Borghese Shadow Milan Trio in Solare 23. Revlon Powder-On Lipcolor Fuchsia Shimmer 24. Estée Lauder Tende Blusher in Mountain Peony 25. Gale Hayma Beverly Hills Automatic Lip Definer in Fuchsi 26. Revlon Waterproof Eye Shaper in Lapis 27 Merle Norman Lip Pencil Plus in Beautiful Pin 28. Lancôme Le Crayon Lip Contour in Rose 29 Almay All-Day Shadowliner in Dahlia



The new neutrals (page 134)

1. Cover Girl Continuous Color Lipstick in Baha ma Coral 2. Revlon Super Lustrous Lipstick Pink Lilac in Love Creme 3. Avon Satin Smoot Lipstick in Hearts of Pink 4. Christian Dio Rouge À Lèvres in Sophistiqué 5. Maybellin Shine Free ColorSoft for Lips in Movin' Mauv 6. Maybelline Shine Free ColorSoft for Lips Sante Fe 7. L'Oréal Crème Riche Lipstick Horizon Pink Perle 8. Shiseido Lipstick in Subt 9. Clarion Lasting Color Lipstick in Country Ros 10. L'Oréal Crème Riche Lipstick in Crème Car amel Crème 11. Guerlain Rouge À Lèvres Lip stick in Rose Charme 12. Revlon Shadow Car in Pastilles 13. Princess Marcella Borghes Shadow Milano Trio in Dolcevita 14. Almay 8 Hour Eye Color in Golden Sands 15. Ultima Color Shots For Eyes in Thrills 16. Ultima Color Shots For Eyes in Pulse 17. Clarion Wear proof Eyeshadow Trio in Country Meadow 18 Prescriptives Powder Cheekcolor in Universa Blush 19. Maybelline Sleek Cheeks Powde Blush in Barely Peach 20. Intelligent Skincare Soft Focus Pressed Powder in Natural Rose 21. Cover Girl Oil Control Truly Fresh Blush in Truly Fresh Mauve 22. Cover Girl Truly Fresh Blush in Truly Fresh Sugarberry 23. Clinique Glossy Nail Enamel in Pinkie 24. Clinique Glossy Nai Enamel in Rosy Fingers 25. Max Factor L.A. Nails Diamond Hard Nail Enamel in Venice Peach 26. Maybelline Shine Free ColorTough for Nails in Jumbo Shrimp Cream 27. Revlon Liquid Nail Wrap in Hyacinth 28. Sebastian Nai Glass Lacquer For Nails in Quietly Carmel

■ FOR OUR KIDS

continued from page 123

the dangerous destruction of **tropical rain forests**, which serve as the earth's lungs, regulating oxygen and absorbing a lot of that CO_2.

We worried, too, about the thinning of the earth's **ozone layer**, which protects all living things from the sun's dangerous ultraviolet rays (UVAs). With every 1 percent decrease in ozone, scientists warned, we will see a 3 to 6 percent increase in nonmelanoma skin cancers plus a host of other problems, including cataracts and a breakdown of our immune systems.

Another concern was **acid rain**—rain-borne emissions of sulfur dioxide and nitrogen dioxide from cars as well as coal- and oil-burning power plants that can destroy crops and fish. And we came to recognize that other airborne pollutants—again, by-products of fuel combustion—as well as garbage and raw sewage, medical waste and toxic chemicals also threaten to destroy our land and our waters.

Now that summer's upon us again, what is the forecast for us—and future generations? The old saying is: "We have not inherited the earth from our fathers, we are borrowing it from our children." Still, we wonder: Can any individual really make much of a difference?

To find out, the *Journal* gathered together a distinguished panel of women scientists, social psychologists and environmentalists. Here are excerpts from their conversation as well as some specific steps you and your family can take right now to make our world a cleaner, better place.

LHJ: Last summer the sweltering heat made us all miserable. But can the rise in temperature by just a few degrees—if the average summertime temperature is, say, 85 degrees instead of 82—really lead to the dire consequences we have heard about?

LeMone: Think of it this way: The entire Ice *(continued)*

Journal Shopping Center

I DON'T WANT TO LOOK FAT

Pages 138-139: Top row—sunglasses, Optic Zone; hat, Whittall and Shon; scarf on hat, Honey Collection. Sunglasses, Optic Zone. Cap, Jag. Hat, Madcaps. Bottom row—sunglasses, Anne Klein for Riviera. Sunglasses, Optic Zone. Towel, Ralph Lauren. Sunglasses, Optic Zone. Cap, Jag. Hat, Whittall and Shon. Sunglasses, Optical Affairs. Goggles, Speedo; sneakers, Keds. **Pages 140-141:** Top row—belt, Coach. Belt, Jill Stuart New York; sunglasses, Riviera. Top, Adrienne Vittadini Sport. Belt, Coach. Sunglasses, Anne Klein for Riviera. Scarves, Debra Moises. Bottom row—towel, Ralph Lauren. Sunglasses, Optic Zone. Hair tie, Bruno Dessange. Belt, Jill Stuart New York. **Pages 142-143:** Sunglasses, Optical Affairs. Sunglasses, Optical Affairs. Belt, Coach. T-shirt, Hanes; scarf, J. Crew. Sunglasses, Riviera. Hat, Ralph Lauren for Hat Attack; scarf, Debra Moises. Scarf, Honey Collections; sunglasses, Riviera.

CASUAL SUMMER ENTERTAINING

Pages 146-147: Heart-shaped skewers, Gerald Biresch, P.O. Box 118, Kintersville, PA 18930. Blue plates, Umbrello, 379 West Broadway, NYC 10012. Wooden basket, The Pottery Barn; 231 Tenth Ave., NYC 10001. Turquoise and coral plates and platter, oxidized copper napkin rings and twig screen, ABC Linens, 888 Broadway, NYC 10003.

ELEGANT SUMMER ENTERTAINING

Pages 152-153: French wicker chairs and table, china flower napkin ring, and Anichini napkins, Hudson Street Papers, 234 Third Ave., NYC 10003. Plates, platters and tureen, "Imperatrice White" pattern, Jacques Jugeat, 225 Fifth Ave., NYC 10010. **Page 154:** Platter with gravlax and plate under soup bowl, "Impressions de Paris," Jacques Jugeat.

THE BACKYARD CATALOG

Page 177: Seed starting mix, #8315-05 (5lb.), tray, peat pots #8140, Yard Attack by Rueter #7131, Ringer, 9959 Valley View Rd., Eden Prairie, MN 55344, 612-941-4180; Designer Gardens from Seed, W. Atlee Burpee & Co., 300 Park Ave., Warminster, PA 18974, 800-888-1447; English watering can #25-56218 (1½ gallon), #25-128918 (2 gallon), Gardener's Eden, P.O. Box 7307, San Fransisco, CA 94120-7307, 415-421-4242; Garden Cart #2015, John Deere, 1400 Third Ave., Moline, IL 61265, 800-544-2122; hat, Hat Attack, NYC. **Page 178:** "Victoria" rattan chair, pillows, Conrans, 800-8CONRAN; Airplane swing #1312, Pac-a-Table #1741, John Deere; "Flexogen" hose (various sizes, see catalog), Gardener's Eden; "The Icemen" lunch box by Metrokane, from Tarzian West, 194 Seventh Avenue, Brooklyn, NY 11215, 718-788-4213; "Chiltern" table, "Cheviot" chairs, British American Marketing, 251 Welsh Pool Rd., Lionville, PA 19353, 215-363-0400; umbrella, Santa Barbara Designs, P.O. Box 90610, Santa Barbara, CA 93190, 805-965-3071; picnic baskets, tabletop items, Zabars, NYC, 212-787-2000 (customer service); "Epic" plastic glasses by Majestic, from Tarzian West; placemats, napkin rings, ducks, Wolfman, Gold & Good Co., 116 Greene St., NYC 10012, 212-431-1888; children's tool set #10-421, "Let's Grow" book #10-402., The Gardener's Supply, Dept. PR-LJ69, 128 Intervale Rd., Burlington, VT 19353, 215-363-0400; small table, York Floral, NYC. **Page 180:** Copper roofed birdhouse #25-330316, Gardener's Eden; Scottish composting fork, #4711, fork #1141, trowel #1131, Scare Cat, #6666 Smith & Hawken, 25 Corte Madera, Mill Valley, CA 94941, 415-383-4050; garden clogs (various sizes; call for #) Gardener's Eden; children's garden tools #CTS, The Kinsman Co., River Rd., Point Pleasant, PA 18950, 215-297-5613; Weber-lanterns, Weber-Stephens products, 200 E. Daniels Rd., Palatine, IL 60067, 312-934-5700;, garden clogs, call for # for all sizes, workbench #25-313700, toolbox #25-312223, goatskin gloves (call for # for various sizes), garden markers #25-268482 (set of 25), Gardener's Eden; adjustable rake #2218, John Deere; hand weeder #HW, The Kinsman Co.; Adirondack chair, Conrans; childs wheelbarrow #10-421, mini-flower rings #14-277, Gardener's Supply; organic garden products, Ringer; seeds, Burpee; T-shirt, tan pants, The Gap; work shirt, Daves Army Navy, NYC; kids' overalls, Macy's; clay pots, York Floral. **Page 182:** Yucatan hammock, #4120, Panama hat (call for # for various sizes), Smith & Hawken; Garden bell, Hen-Feathers & Co., 1000 Black Rock Rd., Gladwyne, PA 19035, 215-649-8855; "Southampton" recliner, "Canterbury" Bench, Brandywine, 24 Phoenixville Pike, Malvern, PA 19355, 215-640-1212; plastic tableware available from Tarzian West, 194 Seventh Avenue, Brooklyn, NY 11215, 718-788-4213; sundial #3416, tractor #1518, croquet set #1916, John Deere; baskets, Zabar's.

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FOR OUR KIDS
continued

Age was caused by a five-degree-lower temperature globally. In the last century, as society became industrialized and we started burning fossil fuels such as oil, coal and natural gas, more and more CO_2 was released into the air, and the temperature has risen about one degree Fahrenheit globally. Unless we do something to slow that process, scientists predict that temperatures worldwide will increase three to eight degrees at the same rapid pace we've seen in the last century. If that happens, the next fifty years will see some pretty drastic climatic changes.

LHJ: But is this a result of the greenhouse effect, or simply changing weather patterns?

LeMone: The greenhouse effect had a lot to do with it. Like the glass panes of a greenhouse, these gases—among them, CO_2, methane and nitrous oxide—allow sunlight to pass through and warm the earth's surface. When the earth gives back its excess heat, in the form of infrared energy, that heat is then trapped in the CO_2 layer instead of being released into space.

Our panel



Margaret England
is chairwoman of the environmental education division of the General Federation of Women's Clubs



Peggy LeMone, Ph.D.,
is a meteorologist with the National Center for Atmospheric Research, in Boulder, Colorado



Joan Martin-Brown
is chief of the Washington office of the United Nations Environmental Program



Elaine Vaughan, Ph.D.,
is an assistant professor of psychology at U.C. Irvine



Marion Sills
is a scientist for Environ, a consulting firm in Washington, D.C.

LHJ: What will that mean for us? Will the polar ice cap really melt? Will the Midwest become a desert?

LeMone: Most scientists believe that if the greenhouse effect is not slowed, by the middle of the next century many of our cities will endure long, sweltering summers. High temperatures will trigger severe droughts and perhaps the loss of farmlands in the Midwest.

Martin-Brown: What's more, since heat makes water expand, the oceans may rise as much as four to six inches, flooding coastal cities and destroying wetlands—huge resource areas for fish and safe drinking water.

LHJ: It seems that so many things we do—heat our homes, drive our cars, run our factories, incinerate our garbage—contribute to the greenhouse effect. Can we reverse the trend?

LeMone: You can't reverse it, but you can slow it—enough, I hope, to give us time to work out practical solutions. We can build new power plants, factories and sewage-treatment plants that greatly reduce the levels of CO_2 in the air. We can encourage energy conservation and tax those who don't comply. Most important, though, we can

Christopher Morris Black Star

MATTEL STORYTIME

"Oh boy! A day at the beach!" cried Mickey.



Treasure hunting with the Mickey Dump Truck.

"There's treasure here," said Jason. "With my Mickey Dump Truck, we can scoop and carry and sift it."

Mickey's eyes lit up. "Is there really treasure buried here?"



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find other ways to produce energy.

LHJ: But what alternatives do we really have? Burning fossil fuels harms our air and our water . . . yet nuclear power is frightening to many people.

LeMone: Many experts think nuclear energy is worth reexamining. Scientists are developing gas- or air-cooled nuclear plants that are reportedly safer than water-cooled plants in terms of preventing a meltdown. Of course, you will still have to deal with the issue of waste disposal. People don't want nuclear waste buried in their neighborhood, even if it's way underground.

Martin-Brown: That's why it's vital to develop renewable energy sources—be they solar, wind or hydropower—to be used in conjunction with nuclear power. Most of the hot-water systems in Florida, Arizona and New Mexico are solar.

LHJ: The depletion of the ozone layer is another major news story. According to the latest reports, world leaders have finally agreed to ban chlorofluorocarbons [CFCs] by the year 1992. Why is this so critical?

LeMone: We know that the ozone layer is thinning rapidly—it's already been reduced by fifty percent over Antarctica, about thirty percent globally, due in large part to the release of CFCs into the air. Made up of chlorine, fluorine and carbon atoms, CFCs are everywhere—they were invented to be used as coolants in refrigerators and air conditioners and are now used in Styrofoam containers, in foam insulation and in solvents.

Martin-Brown: Even if we ban CFCs today, molecules already in the atmosphere will continue to do damage for at least thirty years. But a total ban by the year 1992—which environmentalists are urging—will be a good start.

LHJ: What about the issue of acid rain and airborne pollutants? Why should we worry about this problem if we live far from a power plant or factory belching forth these dangerous chemicals?

LeMone: Well, ultimately, we are all upwind or downstream from somewhere, and the sad fact is, there is no longer any place in the world where you can be free of pollution.

Martin-Brown: And pollution in the air is deposited on the ground and in our lakes and oceans when acid rain falls. It destroys freshwater lakes and streams, forests, even buildings and statues. Other by-products of fuel combustion—including arsenic, benzene, cadmium, and lead—are also carried in the air and can ultimately leave a residue on the food we eat and seep into our water table. People like to think that our lakes and rivers naturally cleanse themselves. That's simply not true. It takes freshwater ground sources anywhere from one year to one hundred years to purge themselves of pollutants.

LHJ: Certainly the extent of water pollution was brought home to Americans last summer as beach after beach was closed to swimmers, and doctors warned us against eating fish, which we all had thought was so healthy. Can we ever clean up our waters?

Sills: In some cases, a great deal of progress has been made. The Great Lakes, for instance, used to be so polluted you could smell them from miles away. Today, with stricter controls on industrial waste and better sewage treatment, the situation has improved greatly. But we have to do more. We have to pass laws—and enforce them—that prevent people from dumping garbage and toxic waste in our waters.

LHJ: What about the *(continued)*

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"Chocolate! It's my
favorite flavor!" cried
Mickey. "How did you know that?"
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it's the *only* flavor I have!"



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garbage question? In the past, people would say, "Oh, that's just New York's problem." But it isn't anymore. What can we do?

England: You can clean up your own backyard, quite literally. Start by recycling. Potentially eighty percent of our waste is recyclable—the Japanese are doing it right now. Yet eighty percent of the garbage in this country is sunk in landfills, ten percent is incinerated and only ten percent is recycled. Every two weeks, we throw out enough glass jars and bottles alone to fill the twin towers of the World Trade Center.

LHJ: Elaine, as a psychologist, can you tell us why we have ignored these terrible problems for so long? We struggle to give our kids the best of everything—a good education, top-notch medical care, and so on—yet up until now we've paid so little attention to the environment.

Vaughan: I think many people feel powerless, so they tend to minimize the threat. If you feel that you can't do anything about a problem, you pretend that the threat isn't real.

Martin-Brown: In many cases, people do have a choice: They can elect officials who care enough about the environment to develop a solid energy policy. One reason we don't have these policies is that enough people haven't stood up and said, "You will do this!"

England: Believe it or not, I've been told by members of Congress that any subject that draws twenty-five thoughtful letters goes right to the top of their priority pile.

Martin-Brown: Look what happened back in the seventies. When a whole lot of young people got mad and focused everyone's attention on Earth Day, within one year we had eight major pieces of legislation, the creation of the Environmental Protection Agency [EPA] and the President's Council on Environmental Quality—all from a Congress that couldn't spell the word *environment* eighteen months earlier!

LHJ: So where did all that energy go? Why have we become so apathetic?

Sills: Over the last few years, there's been a subtle campaign to paint concern for the environment as some sort of leftover from the hippie era. But this is no longer a fringe movement. It concerns all of us and has consequences for all of us.

Vaughan: Frankly, we shouldn't be surprised by the apathy. In any movement, you always get a short-lived surge of energy in the beginning when it's chic to support that particular cause. It's like dieting. At first you have this incredible motivation and excitement, and it doesn't seem so hard. But then you realize you have to really change your lifestyle if you want to lose weight. I think what we have to understand is that to change the environment, we have to make a change in the way we live our lives. And those changes have to become second nature to us . . . like brushing our teeth.

LHJ: How much of a difference, though, can one person really make?

England: A lot. Start small—by asking for a paper bag, which is biodegradable, instead of one made of plastic, which isn't, or by encouraging others to shop environmentally—that is, to pick products that can be recycled. If a lot of people make these small gestures, it can have an impact.

LHJ: What role can women in particular play in turning things around?



Vaughan: I think women, because of their tradition as nurturers, because of their mothering role, tend to feel these problems more acutely than men do. Not that men don't care or haven't done anything to help solve the problem. But women often personalize problems, which makes them feel more vulnerable but also more energized to do something about it. And they can start by talking to their kids.

Martin-Brown: It may seem like an awesome task—you can't even get them to clean up their own rooms, for heaven's sake—but little lessons add up.

England: Don't launch into a long, complicated discussion. Just show them. One mother told me about the time she was walking down the street with her five-year-old daughter. She bent down to pick up a candy wrapper that someone else had tossed on the sidewalk—and that started a whole conversation on the environment.

Sills: And maybe they'll grow up and go into a field like environmental research. We need to encourage more young people to do this type of work rather than be stockbrokers. We need to let them know that it's not an oddball thing to do. *(continued)*

June 5 is World Environment Day

What you can do to make a difference

■ Buy products packaged in paper, not plastic. Avoid products made of polystyrene, a plastic foam: egg cartons, fast-food containers, Styrofoam cups, foam meat and poultry trays, and ice chests. Instead, look for paper food containers and egg cartons, and have your meats wrapped in paper. The symbol of three arrows revolving in a triangle on a product means the packaging either can be recyled or has been made from recycled materials.

■ Replace old hoses in your automobile air conditioner, so that the CFCs in the system won't leak out. Have the air conditioner repaired or recharged only at licensed service stations, and ask them to use a refrigerant reclaiming system. If they don't have one, insist they pour the refrigerant into bottles so it won't evaporate.

■ Insulate your home with fiberglass, gypsum, foil-laminated board, fiberboard or cellulose rather than rigid- or blown-foam insulation, which contains CFCs.

■ Recycle your trash. For information on recycling projects near you, contact the Environmental Defense Fund at 1616 P Street NW, Washington, DC 20036; 800-CALL-EDF

■ Start a compost heap in your backyard, and use it to fertilize your lawn and shrubs.

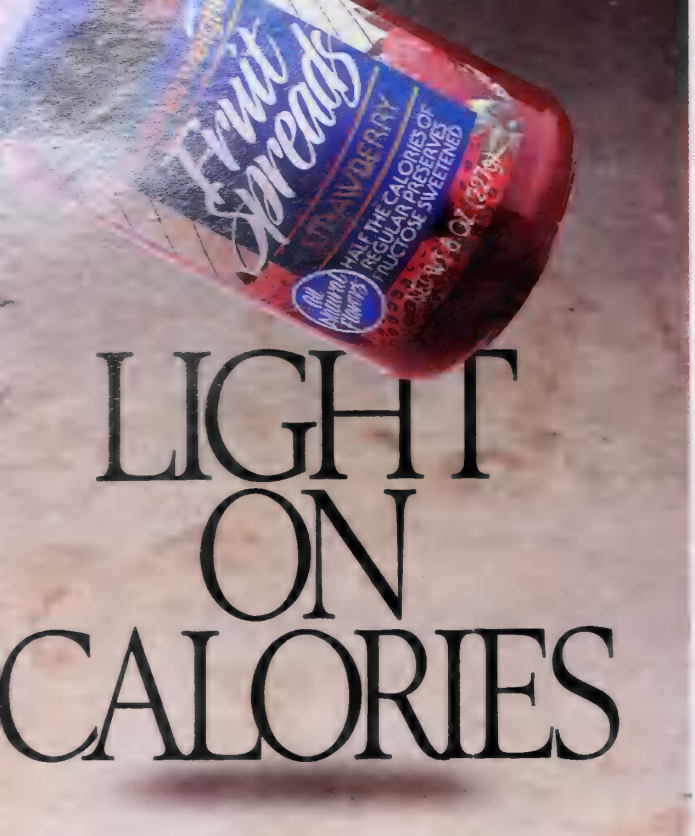
■ Use up oven and drain cleaners and cleaning solvents before throwing cans out. Often half-used cans of these products contribute to a pool of contaminants at the bottom of landfills that eventually seeps into the groundwater.

■ Cut down on pesticide use and substitute less-harmful methods when possible. For suggestions, contact your county extension office or the agricultural department at a nearby university, or send $1 for a catalog from the Bio-Integral Resource Center, P.O. Box 7414, Berkeley, CA 94707.

■ Plant some trees. Global Releaf, a project started by the American Forestry Association, hopes to plant one hundred million trees by 1992. For more information, contact Global Releaf, P.O. Box 2000, Washington, D.C. 20013; 202-667-3300.

—JEFF BLISS





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■ GOOD LOOKS

continued from page 121

24 percent since 1984. And it is estimated that in 1989, thousands of Americans will brighten their smiles with porcelain laminates or bonding.

Traditionally, women have worried more than men about their looks, says sociologist Lillian Rubin, Ph.D., of the University of California at Berkeley, because society has taught women that "beauty is their most highly valued commodity." But now, the experts say, it's becoming increasingly acceptable for men to be concerned with their appearance. It's likely, too, that this trend will escalate in years to come. Accustomed to being able to change what they don't like, America's graying baby-boomers probably won't grow old gratefully.

"There is increased pressure for people to fit an ideal image—pressure from the workplace, where more attractive people have a better chance, and in the personal sphere, where there is more competition for new partners after divorce," says Barry Glassner, Ph.D., professor of sociology at the University of Connecticut and author of *Bodies: Why We Look the Way We Do and How We Feel About It* (Putnam, 1988). "The result of the fitness craze and the boom in cosmetic surgery is that it's become deviant not to look trim, fit and beautiful."

Marketing pressure plays a part as well: We've all seen the ubiquitous ads for cosmetic dentistry and surgery, which tell us we can have "corrective" work done—and imply that there is a norm we are not meeting. In truth, the ads create the norm, and that norm is perfection.

It has also become commonplace for celebrities to embark openly on self-beautification. We cheered as Oprah staged her antifat fight on national television, and we

■ FOR OUR KIDS

continued

LHJ: Clearly, the issues we've discussed—the greenhouse effect, the depletion of the ozone layer, the problems of garbage and water and air pollution—are intimately connected. In some cases, we can do much to mitigate, if not solve, these many problems—given enough will, time and money.

The point is: We must start *now*, for the sake of our children and our children's children. ■

Where to go for more information

■ Clean Air Coalition, 1400 16th Street NW, Washington, DC 20036; 202-797-5436

■ Emergency Planning and Community Right to Know Information Hotline (U.S. government); provides info on local factories and industry; 800-535-0202, 8:30 A.M. to 4:30 P.M., Eastern time

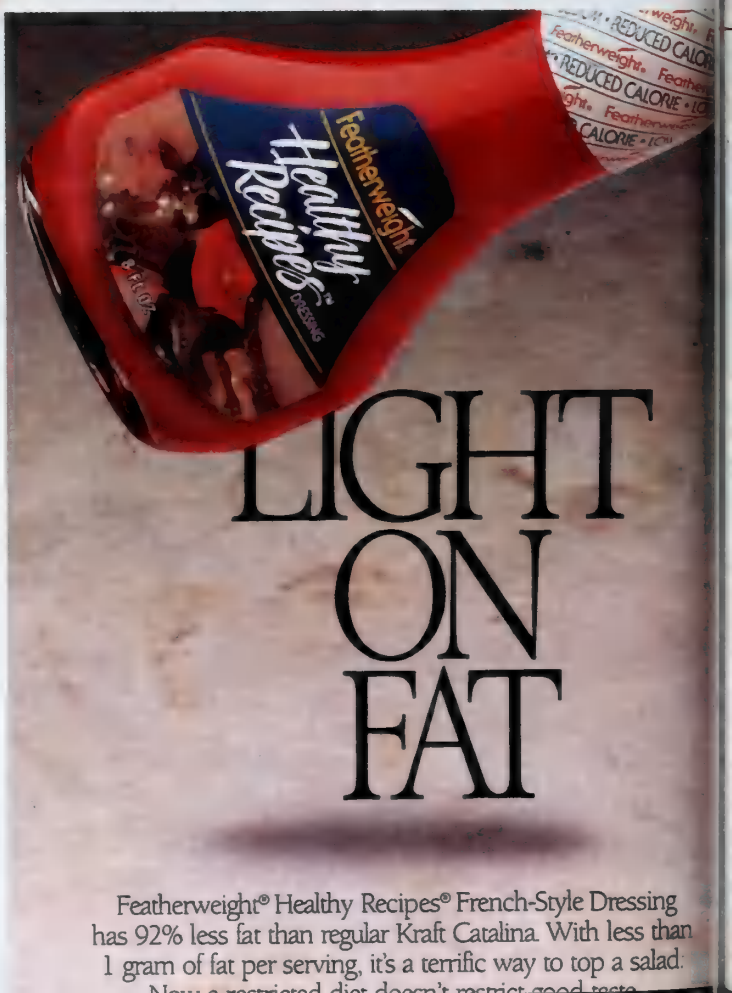
■ National Pesticides Telecommunications Network Hotline (U.S. government)—800-858-7378, operates twenty-four hours a day, seven days a week, year-round

■ Clean Water Action Project, 317 Pennsylvania Avenue SE, Washington, DC 20003; 202-547-1196

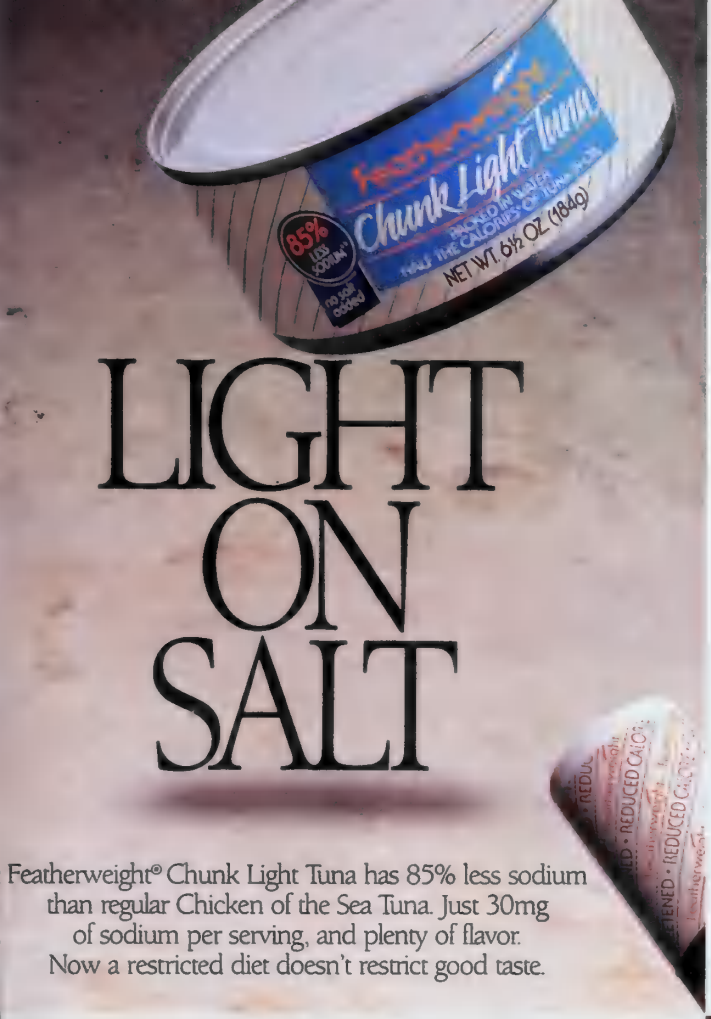
■ Safe Drinking Water Hotline (U.S. government)—202-382-5533, 8:30 A.M. to 4:30 P.M., Eastern time, Monday through Friday

■ Environmental Defense Fund—gives out information on acid rain, air quality, radon, water quality, wildlife and land use; 1616 P St. NW, Washington, DC 20006; 800-CALL-EDF

■ Environmental Protection Agency Locator—a service that refers you to the correct department within the agency; 202-382-2090 —JEFF BLISS



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read avidly about each of Cher's nips and tucks. Spotlighting women who have reinvented themselves reinforces our notion that great beauties are made, not born.

And the *extent* to which beauties can be made seems to increase daily. To rejuvenate and unwrinkle you: eye-, forehead- and face-lifts; Retin-A, chemical peels or collagen injections. You can also have a nose job, a neck job or a tummy tuck. "If the technology exists," says Lurie, "people will use it, and if it's relatively simple and inexpensive, why not? When I was a little girl, women didn't dye their hair because you could tell—it didn't look real. Now, it looks so natural. So if you want to be a redhead or don't like gray hair, why shouldn't you experiment?"

Even those of us who are inclined to scoff at physical self-improvement may have second thoughts when the people around us start looking better than we do. Breasts *ordinaire* simply don't compare to firm, round implants; it's a rare nose *naturelle* that can compete with a perfectly sculpted one; the teeth we're born with generally don't outshine the pearly porcelains we can buy. Suddenly, we feel, we're not doing ourselves justice. As Princess Luciana Pignatelli, an early champion of plastic surgery, put it, "It doesn't matter what you start with—try and get by on nature alone past thirty and you are finished."

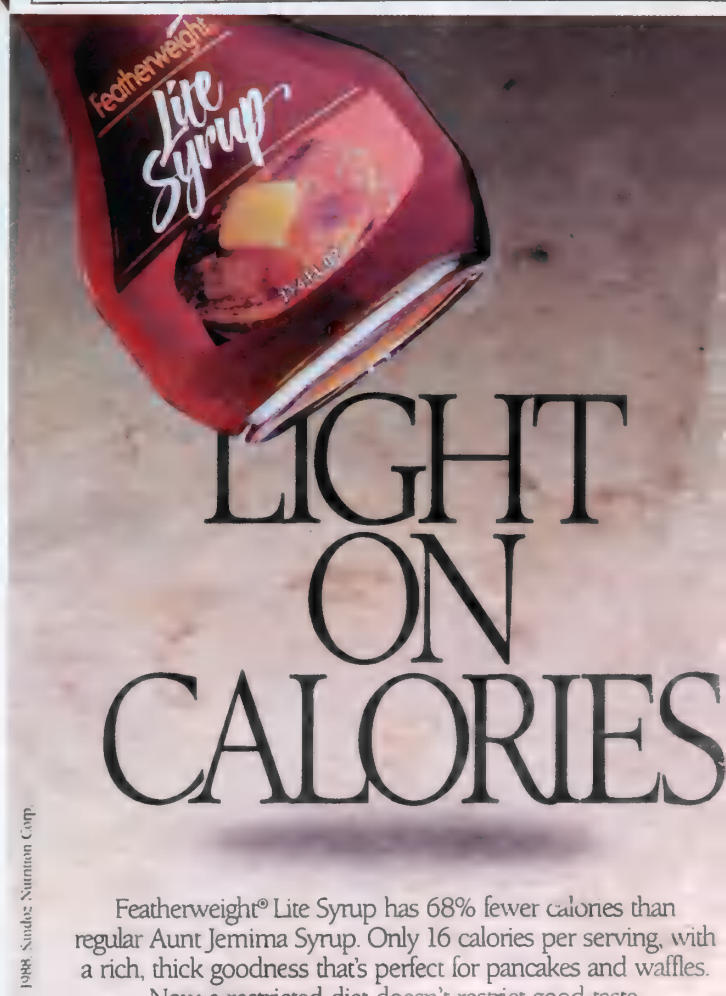
Not everyone agrees. Actress Viveca Lindfors, a highly respected performer whose latest film is *Rachel River*, is in her gray-haired sixties and says, "I can't worry about looking older, just feeling good. When you're upset, depressed, that's when you don't look good. When you're fulfilled and functioning, working hard, it just doesn't matter if you have a wrinkle." Still, Lindfors isn't without some healthy vanity; she regularly gets a manicure, pedicure and facial at one of Manhattan's most expensive salons.

Should we or shouldn't we?

Many women who won't do anything radical to change their appearance are, like Lindfors, content with what they've got. But others are not. And just as there are societal pressures that may encourage us to have something done, there are those that hold us back.

An example: the persistent puritanism that decrees it's a sin to waste money on fripperies. Evidence that this value system is still powerful: Juries in cosmetic-surgery malpractice cases generally do not give large awards to patients, one attorney says, because they are unsympathetic to those "who are not satisfied with what God gave them."

More recently, we've heard the feminist mandate to love our bodies, ourselves, sans makeup or anything else that contributes to women being perceived as objects. But even feminists admit that theory sometimes clashes with reality, and that the urge women have to take extraordinary measures is understandable. Author Susan Brownmiller, fifty-four, admits being taken aback by a photo of herself she saw in a national magazine while she was on tour for her best-seller *Waverly Place* (Grove, 1989). But Brownmiller, the author of *Femininity* (Fawcett, 1985), is quick to add, "I do not consider it [cosmetic surgery] for myself. Luckily for me, my income does not depend on how I look in pictures. I think it's really a question of how desperate you are, and how much you're going to succumb to what is essentially a stopgap measure. But it's a highly personal decision; I wouldn't want to close the door for anyone or open the door for anyone." Some women who might otherwise have cosmetic surgery are deterred by shame, the feeling that going to extremes in the name of beauty is cheating—we're not just supposed *(continued)*



to be beautiful, we're supposed to be *naturally* beautiful. A Seattle woman told her friends she was going into the hospital for an appendectomy and was mortified when her little boy let slip that she was having a tummy tuck. Even in Los Angeles, where having plastic surgery is almost as commonplace as coloring one's hair, surgeons are often sworn to secrecy in writing and provide a private entrance for publicity-shy patrons.

Finally, many of us may have niggling doubts about our own values if we make attractiveness a high priority. Don't we want to be loved for who we are, anyway? If we change our exterior, will we still *know* who we are?

The rewards of beauty

How we answer those questions depends on how we define ourselves, how much we know and care about the importance of attractiveness, and what our needs and goals are.

For example, Barbara Bush defines herself primarily as a mother: After bearing six children, she makes no apologies for her matronly figure (she says she's been a size fourteen for years) or her wrinkles and white hair, which she wears as badges of experience. It's not that she lacks concern about her appearance—she wears contact lenses because, she admits, she's "too vain" to wear glasses and sports her trademark fake pearls to cover her sagging neck. She also walks briskly and rides a stationary bike to help control her weight. Yet she draws the line at dieting or dyeing her hair.

"I colored my hair for ten years until 1970," the First Lady recently commented. "I used to spend my life in the beauty parlor. So I finally said, 'This is ridiculous.' People who worry about their hair all the time are boring. I can exercise, play tennis. I don't have to say to George, 'I can't do that, I just got my hair done.' You have to have priorities in life. And mine is: What you see is what you get."

True. But women who are not married, as Mrs. Bush is, or who are working in competitive fields, often find it difficult to disregard the power that attractiveness has in our culture and the rewards it can bring.

In a landmark 1972 study, social psychologist Elaine Hatfield, Ph.D., co-author of *Mirror, Mirror: The Importance of Looks in Everyday Life* (State University Press, 1986), asked college students and colleagues to look at photographs of good-looking, average or homely men and women. She discovered that most people automatically attributed good traits to the attractive. "The good-looking were assumed to be warmer, more sexually responsive, more sensitive, kind, interesting, sociable and outgoing, and were ascribed a 'better character' than the less appealing," says Hatfield. In our work, too, we are often taken at face value. Studies show that employers tend to view attractive people as more successful and intelligent. Not only are pretty faces more readily hired, they often command higher starting salaries, according to *The Social Psychology of Facial Appearances*, by Ray Bull and Nichola Rumsey (Springer-Verlag, 1988). Pretty bodies, too, tend to be favored. It's well known that the obese are often discriminated against, probably because they are assumed to be lacking in self-control.

If you expect, as did Judith Waters, Ph.D., professor of psychology at Fairleigh Dickinson University, that perhaps secretaries have to be pretty, but surely not mid- or high-level executives, you're in for a surprise. In her 1985 study, Waters found that while physical attractiveness mattered most at the lowest skill level, "appearance did play an important role in the hiring process on all skill levels." And in certain industries—like fashion and



CASHEW SHRIMP

Sauce:
½ cup chicken broth
1 Tbsp. La Choy® Soy Sauce
¼ tsp. pepper
1 Tbsp. cornstarch

Shrimp and Vegetables:
1 lb. shelled and deveined medium shrimp
1 Tbsp. La Choy Soy Sauce
2 Tbsp. peanut or vegetable oil
1½ cups julienne-cut red bell peppers
1 tsp. minced garlic
1 (8 oz.) can La Choy Sliced Water Chestnuts, drained
1 (6 oz.) pkg. La Choy Snow Peas, thawed and drained
½ cup toasted cashews
¼ cup chopped scallions

Combine sauce ingredients, set aside. Mix together shrimp and soy sauce. In a wok or large non-stick skillet, stir-fry shrimp in hot oil until pink. Remove and set aside. Sauté bell peppers and garlic 1 minute; stir in water chestnuts and snow peas and heat through. Stir sauce, add to pan with shrimp. Cook, stirring constantly, until thick and bubbling. Sprinkle with cashews and scallions. *Serves 4.*

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entertainment—looking good is an acknowledged requirement for any job.

Compelling reasons, these, for women to slim down and spruce up. But there are also reasons not to get overzealous. First, standards of beauty are constantly changing. In this century alone, we went from the busty Gibson Girl, to the flat-chested flapper, to Marilyn Monroe voluptuousness, to Twiggy thinness, back to curves in the 1970s and muscled sensuality in the 1980s. Clearly, it is impossible—and foolish—for women to try to keep up with changing ideals.

Second, women, made anxious by the constant media focus on their bodies, often exaggerate their shortcomings. In a recent survey, 45 percent of women who were actually underweight believed themselves to be overweight, says Rosalind Barnett, Ph.D., of Wellesley College, a psychologist in Weston, Massachusetts. Sometimes the desire to be thin leads women to extremes of anorexia or bulimia. In his best-seller *Bonfire of the Vanities* (Farrar, Straus & Giroux, 1988) Tom Wolfe dubbed excessively svelte women "the social X-rays" and wrote longingly of the female "who glows with plumpness and a rosy face that speaks, without a word, of home and hearth . . . Mother." (Score one for Barbara Bush.)

Benefits and risks

Even if you've taken all the factors into account and are finally contemplating some serious self-improvement, you need to consider the costs of cosmetic surgery. Procedures are priced from $1,500 for a nose job to up to $4,000 for liposuction, the suctioning of fat from the body; a face-lift can cost $10,000. And because this is elective surgery, medical insurance will probably not cover it.

Historically, women have always suffered in the name of beauty—corsets, girdles, pointy high heels. At least surgery is one-shot pain—provided all goes well.

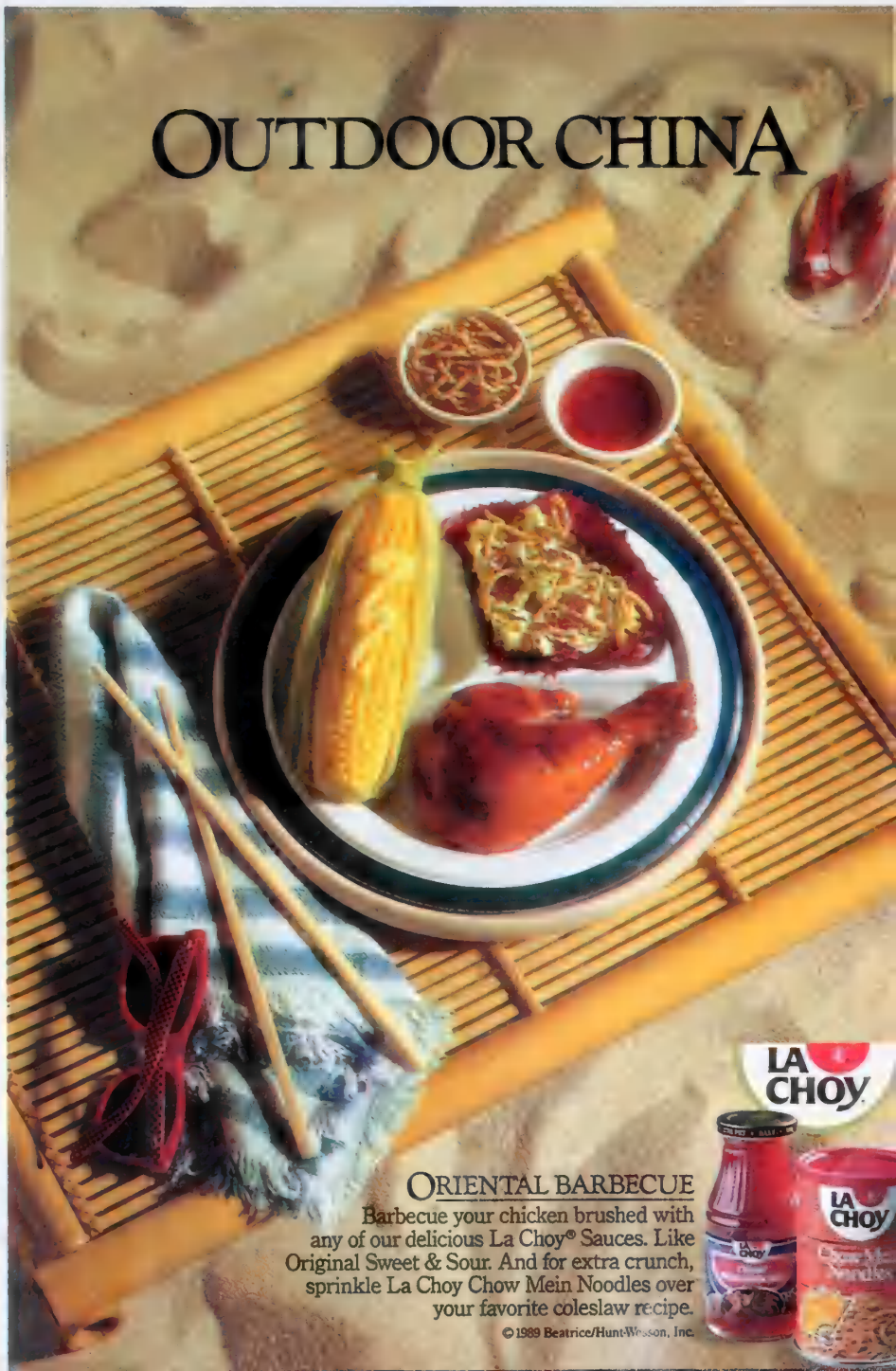
But what if it doesn't? Horror stories about cosmetic surgery abound. One of the most sobering concerns Elaine Young, wife of actor Gig Young, who had silicone injections in her face to give her a high-cheekboned look. After a few years, the silicone migrated and hardened, and eventually had to be chipped out of her face. "Many people think that because most procedures are done today on an outpatient basis, having plastic surgery is like having a tooth pulled," says Susan Craig, M.D., a plastic surgeon in New York City. "Absolutely not. This is not minor surgery. There is a potential for scarring, particularly around the face and eyes, and for an enormous amount of bleeding and for infection."

Face-lifts may cause nerve damage; breast implants not only may contract and harden but also interfere with cancer detection by preventing some portions of the breast from being visible during mammography; liposuction can cause fat clots, shock and coma. It has already killed eleven people.

A certain number of people disregard the dangers, however; repeat patients have earned the name scalpel slaves. Often, they are pathological narcissists who focus on external appearance alone, believing that perfect beauty will win from others the love they don't feel for themselves. "They want to have their eyes done today, the nose tomorrow and something else the next," says Peter Fodor, M.D., a plastic surgeon in New York City. "You get the sense when they come back to you that it's not because they weren't pleased with the result. They *were* pleased, but they've forgotten it—now it's on to something else."

A delicate balance

Of course, most of us will not go to the extremes of cosmetic surgery; in one recent poll, 70 percent of women said they would not have a *(continued)*



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■ JANE SEYMOUR

continued from page 128

Although Jane's celebrity puts both of them in the spotlight more often than either cares to be, they have accepted the public appearances as part of the job. Jane recalls attending last year's Emmy Awards with her husband. "When they announced I had won, I gave David a gigantic kiss and left an enormous red lipstick mark all over his mouth," she says. "As I went up to get the award, I could see the cameras coming close to his face, and all I could think of was that I had embarrassed him terribly. But he didn't care; he was just clapping and beaming all over."

Emmy Awards aside, Jane and David shun the glitter of Hollywood, where they lived before moving in 1987 to Santa Barbara, nearly two hours away. "I longed to be away from the petty intrigues and jealousies that abound in the movie world," Jane says. "I lead a very simple life in Santa Barbara. I take the kids to school and to soccer practice. I'm a very ordinary mother."

Jane knows that being a mother has forced her to make career compromises that most actresses without families—and most men—might never be forced to make. "I turned down a script the other day because it was being filmed in Australia," she explains, "and my family wouldn't tolerate my going away again. But I haven't a single regret," Jane insists. "I consider my family my greatest triumph and joy."

It remains to be seen whether she'll score yet another triumph, this time on the big screen, but Jane isn't worried. "Now that I've overcome the hurdle of convincing the public that I'm not just a pretty face, I feel I'm on the move," she says, smiling. "I haven't yet reached the top of the mountain. But I'm on my way!" ■

■ GOOD LOOKS

continued

face-lift even if they had the money. But many of us will continue to set new standards of attractiveness for ourselves—a reasonable undertaking so long as we take into account our situation in life, the time we have and the money we can spend. It's also perfectly all right to be happy with what we've got, and Barbara Bush's example might well inspire other women to self-acceptance.

Still, most of us have a bottom-line standard of appearance beneath which we won't go, and even the First Lady has her limit. When photos of her in a matronly, 1950s-style swimsuit hit the newspapers following the election, she jokingly pleaded with photographers not to take any more: "My children are complaining." She also managed to joke about a thyroid condition that had caused her to lose eighteen pounds. Once the condition was under control, she told reporters, she would probably put the weight back on immediately. "You know me," she said, laughing.

Mrs. Bush's gentle, self-deprecating humor testifies further to her comfort with her appearance, since self-mockery indicates we accept ourselves, faults and all. Consciously or not, the First Lady is a role model for American women. And just as Betty Ford put face-lifts on the map, so Barbara Bush may put maps on faces.

Or perhaps after she's had a year or two squarely in the public eye, we'll begin to notice subtle changes—a wrinkle smoothed here, a pound or two dieted off there.

But don't expect the "Silver Fox," as her children call her, to revert to brown anytime soon. ■

Caryl S. Avery is a free-lance writer who specializes in psychology.



A WOMAN TODAY

continued from page 24

records for many of its customers, which was why we were required to bring in our own documents.

When I worked out my statement, I discovered that I had twenty-seven outstanding checks—including my mortgage, American Express and car payments, as well as car insurance and homeowner's insurance. They added up to a staggering $4,500.

I took my records up to the teller window and was handed three FDIC claims—one for the balance of my savings account, another for my checking account and the third for my CD. I asked about my outstanding checks, and an FDIC rep explained that as long as the "bank closed" notation was on the back, my creditors should not charge or penalize me.

I then left ResourceBank, clutching my FDIC claims, and headed straight to Texas Commerce Bancshares, the biggest in Houston, which is owned by Chemical Bank of New York. I figured if any bank was safe, this one was. "Save me," I said to the new-accounts officer. "My bank just failed."

Within fifteen minutes, I had a new checking account, a savings account and a CD. I heaved a sigh of relief as I walked out the door.

But the nightmare wasn't over yet. Two weeks later I started getting the outstanding checks back from my creditors along with letters stating that I had insufficient funds to cover the amount owed. Obviously, these companies had not even bothered to read the back of the checks. Many of them demanded a ten- or fifteen-dollar additional fee, and one department store even closed my charge account.

I set to work clearing up the most serious accounts: my mortgage payment and car and house insurance. Fortunately, these companies let me write new checks without penalty.

I used a form letter to respond to all my other creditors, which I mailed with each replacement check. I filed a copy of each letter with the returned check and all FDIC paperwork.

One of the important lessons I've learned from this whole experience is to keep records. I now save every deposit slip and ATM receipt until it appears on my bank statement, and I put all paperwork from my CD in a special file. Most important, I keep plenty of cash on hand in case of an emergency.

Banks aren't invincible, but the system does work. If your bank fails, you *can* get your money back. Just don't let yourself be taken by surprise as I was. ■

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3. Entries must be received by July 31, 1989. Limit one per person. For each entry received with a JELL-O® Sugar-Free Desserts UPC symbol, General Foods USA will donate $1 to the Women's Sports Foundation, up to $65,000. General Foods USA is not responsible for lost, late or damaged mail.

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5. Grand-prize winner will receive a trip to Hawaii for two, including transportation and lodging (food not included) and a guest spot on Ada Jankowicz's "Basic Training Show," broadcast on ESPN. Approximate value $6,000. The winning letter, along with the winner's "aspire higher" tips, will be printed in a winter issue of *Ladies' Home Journal*.

6. Grand-prize winner will be notified on or about August 20, 1989. All federal, state and local taxes are winner's responsibility. Winner may not transfer prize. Cash may not be substituted for prize; trip date is at contest sponsor's discretion.



7. Employees and the families of *Ladies' Home Journal*, General Foods USA, Ogilvy & Mather Public Relations, and their respective affiliates, subsidiaries, advertising agencies and printers are not eligible. All federal, state and local regulations apply. The winner may be asked to sign an affidavit of eligibility and release her name and likeness for publicity purposes without further compensation. All entries become the property of General Foods USA and cannot be returned. General Foods USA retains the right to verify all testimonials.

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LAST LAUGHS

Out of the mouths of babes

One morning I got up extra early before work and cooked bacon for my kids, who usually eat cereal during the week. When my seven-year-old awoke, he asked me what day it was. I told him it was Monday. "But Mom," he said, "it smells like Saturday!" —*Audrey Klaus, Borger, TX*

Recently, my four-year-old asked me how old forty was. While I was trying to come up with an answer, his five-year-old sister explained, "Forty is halfway between Grandpa and young."

—*Mrs. Diane M. Brengle, San Diego, CA*

To allay my little granddaughter's fear of thunderstorms, her father told her that they were nature's way of feeding the grass. During a recent morning rainfall, Lindsay informed her parents, "The weeds are having breakfast."

—*Shirley E. Davidson, Minneapolis, MN*

ÉCLAIR DESPAIR

This pastry's light and airy—
So why, then, must it be
That something nearly weightless
Can add a pound to me?

—Elizabeth L. Hawn

Like father, like son



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